

Hang in there!

(A believer's guide to survival during hard times)

V. Choose where you Fix your thoughts on ("dwell")!

<sup>8</sup> And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

A. Pay attention to what we dwell on.

<sup>8</sup> And now, dear brothers and sisters, one final thing. Fix your thoughts on

Means to evaluate/consider/calculate

B. Why pay attention to what we dwell on? Why is this important?

What we think determines how we behave....

Mark 7:20-23 And then he added, "It is what comes from inside that defiles you. <sup>21</sup> For from within, out of a person's heart, come evil thoughts, sexual immorality, theft, murder, <sup>22</sup> adultery, greed, wickedness, deceit, lustful desires, envy, slander, pride, and foolishness. <sup>23</sup> All these vile things come from within; they are what defile you."

C. What we dwell on is a choice.

D. Dwell on these things!

"Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."

-The awesome letter from our Father! Scripture.

-The amazing grace we have been given from the Father

-The amazing blessings of the Father in our lives

-The amazing promises of the Father

-The amazing people of faith the Father sent into our lives.

Close:

Focus on giants - you stumble. Focus on God - Giants tumble.

**Max Lucado**

