

# UPHILL HABITS

new direction for a new year

## Part 2

### Big Idea

Pastor Gavin continued the “Uphill Habits” series this week focusing on another important habit we should develop: controlling our thoughts. Everything begins with a thought, and we will never change our lives until we change the way we think. What we think not only determines how we feel, but our thoughts also determine our destiny. We are where we are because our thoughts have brought us here, and we have to be intentional with our thoughts if we are going to get where we want to go. There are practical steps we can take to master the habit of controlling our thoughts. The first step is to find a plan to control our thoughts, reading the Bible and renewing our minds in God’s Word on a daily basis. Next, we need to find a place to think our thoughts, a time set aside for a daily conversation with God. Then, each of us needs to find a person to stretch our thoughts. The best place to find that person is in a Small Group! We also need to discover why God created us and find a purpose to land our thoughts, which we can pursue by attending the Rooted here at Tribes . Finally, we need to live out our purpose, and each of us needs to find power to fuel our thoughts by opening our lives to the power of the Holy Spirit. His thoughts are much greater than ours, and we need His thoughts, not ours, in order to accomplish the purpose He has for our lives. We must agree with God’s thoughts about us so that we can win the battle in our minds. When we align our thoughts with His and receive His truth and power, we can walk out the divine purpose for which He created us.

*“Let God transform you into a new person by changing the way you think.” - Romans 12:2 NLT*

### Discussion Questions

- Pastor Gavin challenged our entire church to take a “media fast” – no TV, video games, news, social media – for the entire week to see the difference it makes in our thought life. What other habits or thoughts, in addition to media, might be spiritually healthy to shed from time to time or altogether? Share what you are learning as you unplug from the world this week. What are you doing with your newfound free time?
- Ecclesiastes 10:2 in The Message says, “Wise thinking leads to right living. Stupid thinking leads to wrong living.” Discuss why controlling our thoughts is an important “uphill” habit to work on. Why is controlling our thoughts difficult? What area of your life have you seen change as a result of controlling your thoughts?
- Pastor Gavin covered several practical steps to help us master the habit of controlling our thoughts. Talk about the importance of having a plan to get in the Word every day and a place for your conversation with God each day.

### Prayer Focus

Give God praise because His thoughts are so much higher than yours! And thank Him for having such loving thoughts towards you. Ask Him to renew your mind and help you align your thoughts with the truth of His Word. Pray that God will help you dwell on things that are true, noble, right, pure, lovely, admirable, excellent, and praiseworthy. (Philippians 4:8-9) Ask the Holy Spirit to empower you to fulfill the purpose for which you were created.

### Next Step

Take time each day to have an open, honest conversation with God. Fill the time you would ordinarily spend on media this week with moments of worship, fixing your attention on God.