



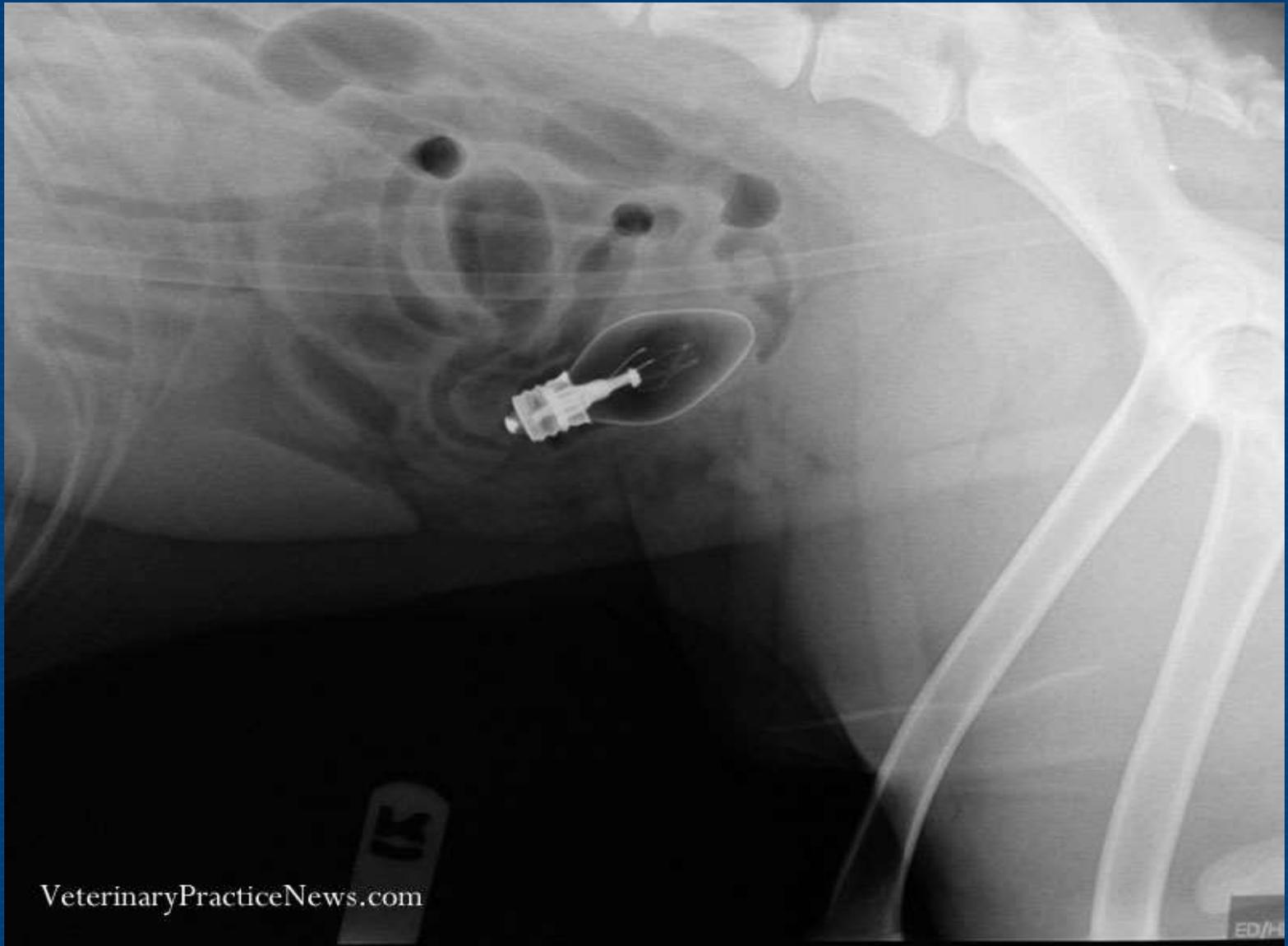
Wilson



Wilson







VeterinaryPracticeNews.com







Making the
Most of
Your

MIND



Review:

Don't Believe
Everything
You Think.



Be careful what you
think, because your
thoughts run your life.

(Proverbs 4:23, NCV)



Be careful what you
think, because your
thoughts run your life.

(Proverbs 4:23, NCV)

**Your actions will
follow your most
dominant thought.**



You are
What You
Think



I. Watch

What You
Think

A silhouette of a human head in profile, facing right. Inside the head, there is a large, light blue gear with a darker blue center. The background is a solid dark blue.

A wise person is
hungry for truth,
while the fool
feeds on trash.

(Prov. 15:14, NLT)

Watch What You Think



A wise person is hungry
for truth, while the fool
feeds on trash.

(Prov. 15:14, NLT)

**Mentally, what are
you hungry for and
what are you
feeding on?**

Watch What You Think



Healthy Foods



Healthy Foods



JUNK FOOD



Healthy Foods



JUNK FOOD



Do not let your people practice fortune-telling, or use sorcery, or interpret omens, or engage in witchcraft, or cast spells, or function as mediums or psychics, or call forth the spirits of the dead.

(Deut. 18:9-11)

Watch What You Think

Am I consuming
toxic thoughts?



Watch What You Think



Am I consuming
toxic thoughts?

How do I feel
about worship
and Bible study?

Watch What You Think



I will not set
before my eyes
anything that is
worthless.

(Psalms 101:3, ESV)

Watch What You Think

A silhouette of a human head in profile, facing right. Inside the head, there is a large, light blue gear with a dark blue center. The background is a solid dark blue.

Dear friends, this is
now my second letter to
you. I have written both
of them as reminders to
stimulate you to
wholesome thinking.

(2 Peter 3:1)

A black silhouette of a human head in profile, facing right. Inside the head, there is a light blue gear with a darker blue center. The background is a solid dark blue.

II. Guard Your Mind Against Garbage

A black silhouette of a human head in profile, facing right. Inside the head, there is a light blue gear with a darker blue center. The background is a solid dark blue.

II. Guard Your Mind Against Garbage

1. Conversational Prayer
2. Concentrated Focus



Don't worry about anything;
instead, pray about everything.
Tell God what you need, and
thank him for all he has done. If
you do this, you will experience
God's peace, which is far more
wonderful than the human mind
can understand. His peace will
guard your hearts as you live in
Christ Jesus.

(Philippians 4:6-8)



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

(Philippians 4:6-8)

Conversational Prayer

...pray about
everything.

(Philippians 4:6)



Conversational Prayer

- Never stop praying. (1 Thess. 5:17, NLT)



Guard Your Mind Against Garbage

Conversational Prayer

- Never stop praying. (1 Thess. 5:17, NLT)
- Pray at all times. (Romans 12:12, NCV)



Guard Your Mind Against Garbage

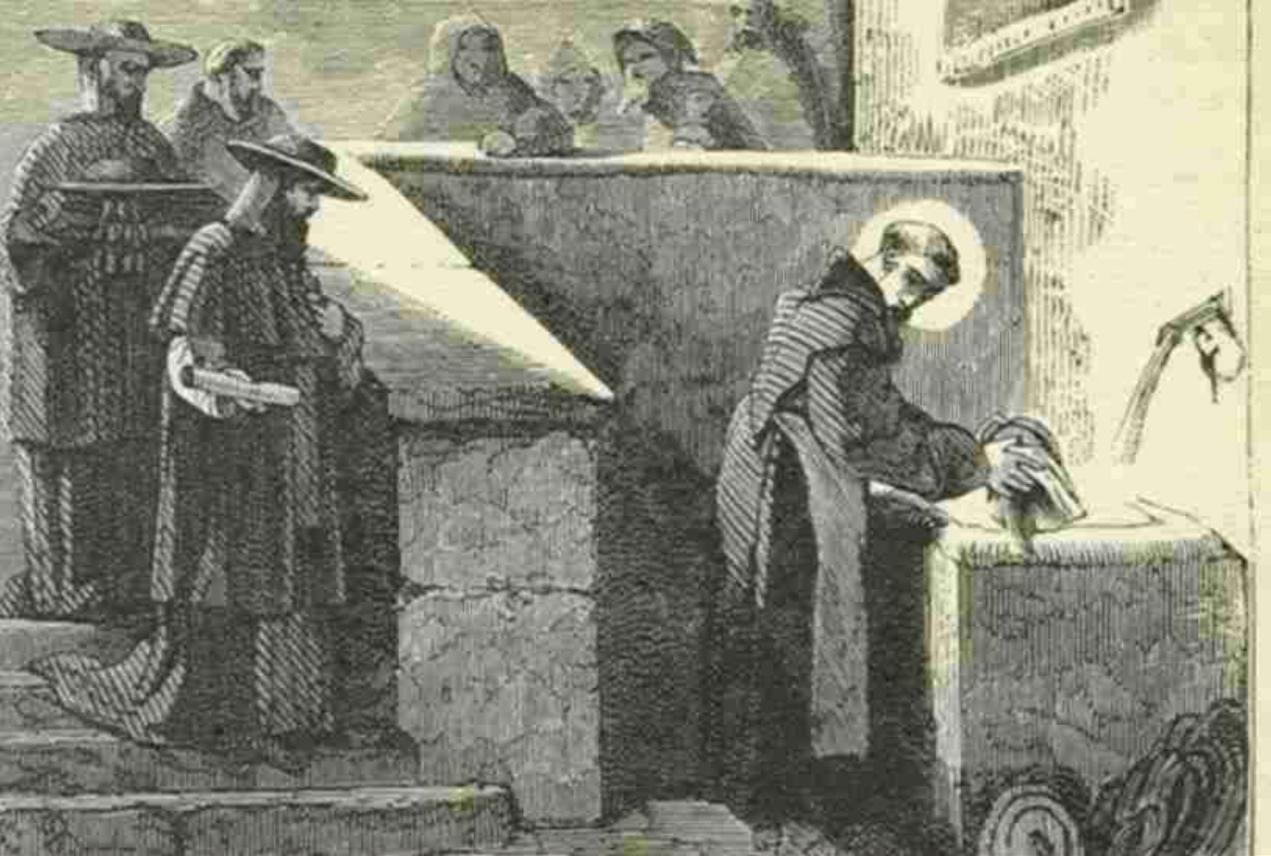
Conversational Prayer

- Never stop praying. (1 Thess. 5:17, NLT)
- Pray at all times. (Romans 12:12, NCV)
- Devote yourselves to prayer with an alert mind and a thankful heart. (Col. 4:2, NLT)





Brother Lawrence,
*Practicing the
Presence of God*



Brother Lawrence
Practicing the
Presence of God

“There is not in the world a kind of life more sweet and delightful, than that of a continual conversation with God; only those who practice it can comprehend it.”

Concentrated Focus

Fix your
thoughts...

(Philippians 4:8)



Guard Your Mind Against Garbage

Concentrated Focus

A black silhouette of a human head in profile, facing right. Inside the head, there is a light blue gear with a darker blue center, symbolizing thought or focus.

Listen, my child,
and be wise. Keep
your mind on what
is right.

(Proverbs 23:19)



We should remove from our lives anything that would get in the way and the sin that so easily holds us back. Let us look only to Jesus, the One who began our faith and who makes it perfect.

(Hebrews 12:1-2, NCV)



What are
you putting
inside your
mind?



God has not given
us a spirit of fear,
but of power and
of love and of a
sound mind.

(2 Timothy 1:7, NKJV)



You are
What You
Think



Making the
Most of
Your

MIND



Tim Norris & Wilson

Tim didn't get rid of Wilson; he provided healing.

A close-up photograph of a book cover. The cover is dark purple with a fine, pebbled texture. A large, gold-colored cross is embossed on the left side, extending from the top left towards the center. The word "HEALED" is embossed in a raised, silver-colored font on the right side of the cover. The lighting is dramatic, with a bright, warm glow emanating from the left, creating a strong contrast and highlighting the metallic textures of the cross and the embossed text. The background is a soft, out-of-focus purple and gold bokeh.