



Wilson



Wilson







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Making the
Most of
Your

MIND


A dark 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.

Review:

Don't Believe
Everything
You Think.

A black 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.

Be careful what you
think, because your
thoughts run your life.
(Proverbs 4:23, NCV)

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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

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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







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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

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.

Am I consuming toxic thoughts?

Watch What You Think

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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 darker 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 blue and white gear. The background is a solid blue color.

II. Guard Your Mind Against Garbage

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.


II. Guard Your Mind Against Garbage

1. Conversational Prayer
2. Concentrated Focus

A silhouette of a human head in profile, facing right. Inside the head, there are several interlocking gears of different sizes, rendered in a lighter blue color than the background. The background is a solid dark blue.

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)

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.

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

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.

...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

- 
- A silhouette of a human head in profile, facing right. Inside the head, there are several interlocking gears of different sizes, rendered in shades of blue and white. The background is a solid dark blue.
- 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


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Fix your
thoughts...

(Philippians 4:8)


Guard Your Mind Against Garbage

Concentrated Focus

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.

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

(Proverbs 23:19)


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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?

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.

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.



HEALED