



# Week of September 1

## Week 1: Pure Thoughts and Attitudes

Read through the following Scriptures: Psalm 139:23-24, Proverbs 23:7a, Matthew 22:37, Matthew 6:33, Matthew 5:28, Psalm 19:14, 2 Corinthians 10:5 and 1 Peter 5:5b.

Prayerfully work through the following reflective questions. Fully confess and forsake whatever God brings to mind. Trust God to fill and empower you with His Spirit. After each of the following questions, pause and allow God to speak.

### Questions for reflection:

- Do I tend to think more about worldly things than spiritual? \_\_\_\_
- Does the focus of my thoughts often indicate a lack of first love passion for Jesus? \_\_\_\_
- Do I spend more time on hobbies, sports or recreation than God's Word and prayer? \_\_\_\_
- Do I have any patterns of unclean or lustful thoughts? \_\_\_\_
- Have I opened the door to impurity by anything I view online or in other media? \_\_\_\_
- Do I frequently have thoughts that are envious or jealous? \_\_\_\_
- Am I overly competitive and self-exalting? \_\_\_\_
- Am I interested in serving God only if I can have a preeminent role? \_\_\_\_
- Am I determined to get my way? \_\_\_\_
- Am I overly interested in being noticed? \_\_\_\_
- Do I often have thoughts that are angry or resentful? \_\_\_\_
- Am I frequently dominated by thoughts of doubt instead of trust? \_\_\_\_
- Do I consistently harbor thoughts of bitterness and unforgiveness? \_\_\_\_
- Do I frequently brood about harsh things I would like to say to certain people or groups? \_\_\_\_

Confess and forsake whatever God has revealed. Surrender your thoughts and yield them to Jesus. Remember, you are fully accepted and forgiven in Christ. Believe Christ to live through you by the Holy Spirit (Romans 6:11).

For prayer and repentance, go back and review the issues God revealed for repentance. Resolve now to put off all sinful thoughts and put on Christ by faith. Be very specific in what you confess and forsake. Place strong focus on identifying the specific righteous thoughts that will replace those that are wrong. List some of your key points for change.

Pause in prayer and trust Jesus to empower you with the Holy Spirit. Believe Him to fill you with His thoughts. Trust God for the fullness of the Holy Spirit (Luke 11:13).