



# Toxic Thoughts!

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## The Battle is for the Mind.

For as he thinks within himself, so he is.... (*Proverbs 23:7 NASB*)

Carefully guard your thoughts because they are the source of true life.

(*Proverbs 4:23 CEV*)

## Winning the Battle

### Don't Believe Everything You Think.

For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ, (*2 Corinthians 10:3-5*)

You belong to your father, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies. (*John 8:44*)

### Pay Attention to the Source.

A wise person is hungry for knowledge, while the fool feeds on trash.  
(*Proverbs 15:14*)

I will set no worthless thing before my eyes... (*Psalms 101:3*)

*Toxic Matters!!*

*Part One: Toxic Thoughts!*

## **Keep on Learning.**

And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. **(Romans 12:2)**

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything, worthy of praise, dwell on these things.  
**(Philippians 4:8)**

## **What Consumes Your Mind Controls Your Life!**

1. What do you tend to daydream about most often? What things often consume your thoughts?
2. **Read Proverbs 4:23-27 and 2 Corinthians 10:4-5.**
3. Give some examples of toxic thoughts that you often struggle with:
  - How do toxic thoughts negatively impact our lives and relationships?
  - How do things like social media, tv, music etc. impact the things we think about?
4. **Read Philippians 4:7-8, Romans 12:2,**
5. These verses stress how important it is to renew our minds from toxic thoughts and focus our thoughts on what is pleasing to God.
  - Why is it often easier to think toxic thoughts than it is to focus our minds on God's truth?
  - What helps you to renew your mind and focus your thoughts on God's truth?
  - How different is your life when you focus your thoughts on what is true and good rather than on toxic things?
6. What are some specific toxic thoughts that you need to change? What are some ways you can begin to make that change?
7. Pray for each other regarding the things that influence how and what you think.

*Toxic Matters!!*