

SMORE Class @ Calder
February 10, 2013
Making Plans and Right Choices

“As you think, so are you.” Proverbs 23:7

Do you think *well*?

Do you THINK?

Many things factor in to how you think. Your ways of thinking are a huge force in how your life goes. Yet, we seldom are taught how to think in a healthy manner.

- Do you expect and worry about the worse outcome?
- Do you concern yourself with what others think of you?
- Do you have trouble sleeping because of your thoughts?
- Do you have recurring thoughts of past events?
- Do you daydream about how you wish your life would unfold?

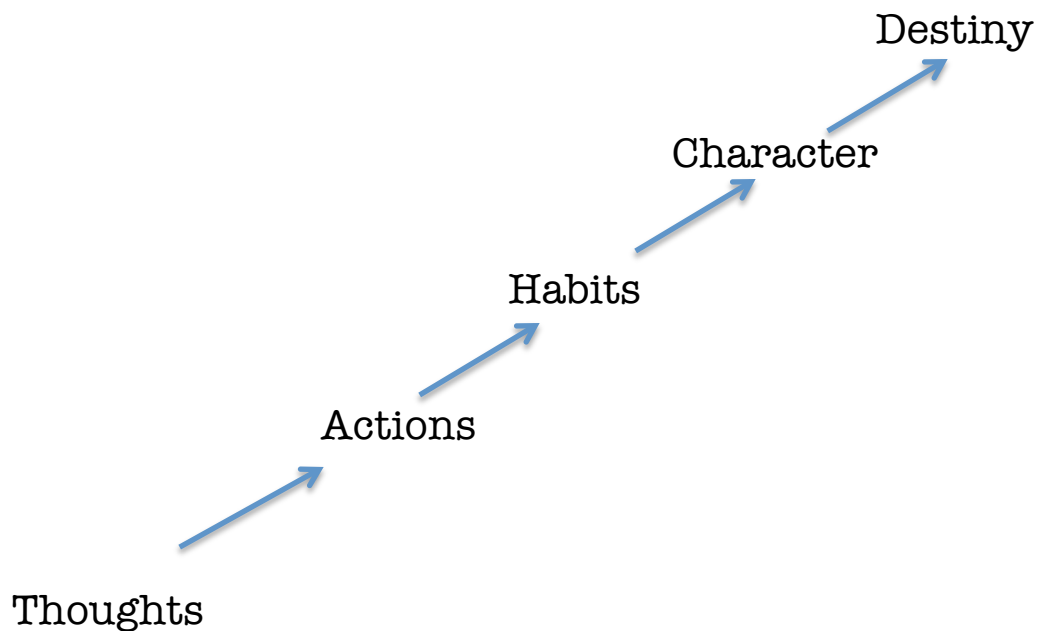
Keep a balance.

“Thinking is difficult. Thinking is complex. And thinking is—more than anything else—a process, with a course or direction, a lapse of time, and a series of steps or stages that lead to some result.” M. Scott Peck

Most people never think about thinking. Few ever identify flaws in their thought process.

First it helps to know yourself-well. Each person has a distinct personality. All of us are motivated, but in different ways. Most of us realize people are different, but we seldom look at our relationships and job peers and use knowledge of these differences to get along or to make decisions.

Thought Comes First



“Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue if there be any praise, think on these things.” Phil. 4:8

Worry is a habitual way of thinking.

- What If's
- Imagining the worst scenario

1. Identify Thought

- Ask self "Am I anticipating?"
- Ask self "Am I projecting?"
- Ask self "Where did thought come from?"
- Ask self "Will thinking this thought change anything?"

2. Brain shift ideas

- Turn off the TV/image
- Replace with thing of beauty
- Make lists for tomorrow
- Deliberate distraction
- Purposeful busyness
- Music/singing
- Learn your Enneagram integration number
- Meditation-20 minutes
- Stream-of-thought writing for 20-minutes

Our emotions follow our thoughts

From Dr. Creflo A. Dollar

- If your emotions are in charge of your life, they will determine the direction of your life.
- When you are in charge of your life and the Word is your final authority, your emotions will line up with God and His Word

We use our powerful God-tools for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ.

– 2Corinthians 10:5 Msg.