

Process for Controlling Your Thoughts* (2026)

1. **The Command** - Rom. 12:2 -
“Do not conform to the pattern of this world, but be transformed by the renewing of your mind...”
2. **What to do** - Colossians 3:2 -
“Set your minds on things above, not on earthly things.”
3. **What to think about** - Philippians 4:8 -
“Finally brothers and sisters, whatever is true,... noble,... right,... pure,... lovely,... admirable,--if anything is excellent or praiseworthy-- think about such things.”
4. **Process to do it** - II Corinthians 10:5 -
“...and we take captive every thought to make it obedient to Christ.”
5. **The Result** - Ephesians 4:23 -
“to be made new in the attitude of your minds.”
6. **The Process ongoing** - Proverbs 3:5 -
“Trust in the LORD with all your heart and lean not on your own understanding.”

[“Every thought you think matters; it changes your brain!” - *Get Out of Your Head* by Jennie Allen]

*** Spiritual Goal for 2026 - Control my thoughts, directing them into a spiritual way.**