

EMOTE CONTROL – PART 10 – CULTIVATING GODLY EMOTIONS



Romans 12:2

Our defensive posture is _____ to the world.

The offensive key is the _____ and _____ renewing of the mind.

(Colossians 3:9-10; Ephesians 4:22-24)

1) The Crucial Role of Biblical Thinking

(Philippians 2:5; Philippians 4:8; Colossians 3:2)

2) Practical Steps to Renewing our Minds

a) Don't Dwell on _____ Things (Proverbs 4:23; Romans 13:14)

b) Do Dwell On _____ Things (Philippians 4:8; Colossians 3:1-3; Hebrews 4:12)

c) Take _____ of your thoughts (Mark 7:21-23)

d) Take your thoughts _____ (2 Corinthians 10:3-5)

REFLECT

- *What are some things that I spend a lot of time dwelling on that I need to minimize?*
- *When my mind is on neutral, what consumes my thought life?*
- *What emotions are out of control that reflect that I need to take captive certain thought patterns and bring them to obedience in Christ?*