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*Digging Deeper* this week...

**BiG iDEa:** God invites me to be intentional about my thought life as a kingdom walker.

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Set aside some time throughout this week to read and reflect on what God's word says on the subject from the Bible passages below. Some questions are provided for you or a small group of friends to provide focus for your reflection. Before your start: Breathe, pray, ask the Holy Spirit for help.

### **Identify**

How aware of your own thoughts are you? Are your thoughts filled with more truth or trash about yourself, God, others or life?

### **Read**

*Scriptures to grow by...* Mark 7:1-23, Proverbs 23:6-7, 2 Corinthians 10:4-5, Ephesians 4:22-32, Philippians 3:13-14, Philippians 4:4-9, Colossians 3:1-3, Romans 12:2, Psalm 104:33-34, Psalm 119:33-40.

### **Reflect**

1. What words, phrases or ideas stand out to you from the Bible readings you read today? How do these passages help you reflect on how your thinking affects the outcome of what you want from Jesus?
2. How do these words, phrases or ideas connect with your everyday life? What do they lead you to think or to do?
3. On Sunday, Pastor Doug said *your life will always move in the direction of your strongest thoughts*. How do you respond to this statement? In what ways has this been true about the direction your life is going?

### **Respond**

*Moving forward...*

Once you discover the **one word** that can help you focus your attention on the **one thing** you want you to *start* with Jesus in 2017, consider taking the 35 day *thinking* challenge. Just for fun, go online to view the "Truth or Trash" reading plan at <https://www.bible.com/en-GB/reading-plans/679-truth-or-trash>. Then click on the button that says "Start this Plan." Or, simply try a sample by clicking "sample." (This plan also can be found on the *YouVersion* Bible app on your phone under "My Plans".) Enjoy the journey and share your progress with a friend this week.