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## Daily Devotional, Friday, November 10, 2017 - Three Ways to Think Right

NOVEMBER 10TH 2017 BY DEE LOFLIN

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### Philippians 4:4-9

We all want to experience joy and peace in difficult times—to have a sense of security and the confidence that the heavenly Father loves us. Yet we are oftentimes held back by worries and other pressures.

There are three ways we can govern our thoughts:

1. Screen them. Imagine there's a grid protecting your mind, and whatever you think about must first pass through it. If you have built your filter upon the Word of God, any unscriptural ideas that try to get through will set off a warning alarm. You can check each thought by asking yourself a series of questions: *What's the source? Where will it lead me? Is this scripturally sound? Is this going to build me up or tear me down? Can I share this with someone else? Does it make me feel guilty? Does it fit who I am as a follower of Jesus Christ?*

2. Select them. God has given you the right and the power to decide whether or not you will accept a thought. Every time an opinion or teaching hits your screen, you can choose to either let it through or discard it. Since the idea itself may not be wrong or right, those same screening questions can help you know what to do next.

3. Cultivate them. Accepting godly thoughts (and rejecting evil ones) is not enough. You need to dwell on the ideas that align with God’s Word and then start practicing them.

Allow God to pour Himself into your life and to reign in your mind. In doing so, you will see awesome changes take place.

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