

## OUR THOUGHTS AND ATTITUDES

*"Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!"* – Psalm 139:23-24

It has been said that when we sow a thought, we reap a belief. We sow a belief and reap a pattern. We sow a pattern and reap a life. We sow a life and reap an eternity. No matter how hard we might try to avoid it, given enough time, we will always externalize our thoughts (Mark 7:20-23). Our internal alignment with God will determine how we live out our lives. The consistency or inconsistency of our walk with Christ arises from the condition of our hearts, therefore we must be careful to guard our inner lives (Proverbs 4:23), align our hearts and minds with God's truth (Psalm 1:2) and seek a cleansing from God when we sin (Hebrews 10:22).

**Prayer prompt:** Today, make Psalm 26:2 your prayer: *"Prove me, O LORD, and try me; test my heart and my mind."* Take some time to honestly, thoughtfully and carefully reflect on the following questions from the book *Returning to Holiness* by Gregory Frizzell as well as the corresponding verses for each question. As you read, think and pray, if God convicts you of anything related to sins of thought or attitude, confess those sins to him, repent, and then thank him for his faithfulness to forgive (1 John 1:9).

- **Is your mind filled with thoughts of Christ, or consumed with earthly issues? (Colossians 3:1-3).**
- **Do you think more about work or recreation than spiritual growth and serving Christ? Do your affections and priorities revolve around people and things more than Jesus? (Romans 8:5).**

- **Are you filled with impure thoughts or plagued with fearful or angry thoughts? (Philippians 4:8).**
- **Are you conscious of unclean motives? (James 4:3).**
- **To what or to whom do you devote the majority of your thoughts? (Proverbs 21:2).**
- **Are you more passionate about earthly things than spiritual things? (Romans 12:2).**

*If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God.*

- Colossians 3:1-3

*Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*

- Philippians 4:8

*If your mind is filled with the Word of God, then it can't be filled with impure thoughts.*

- David Jeremiah