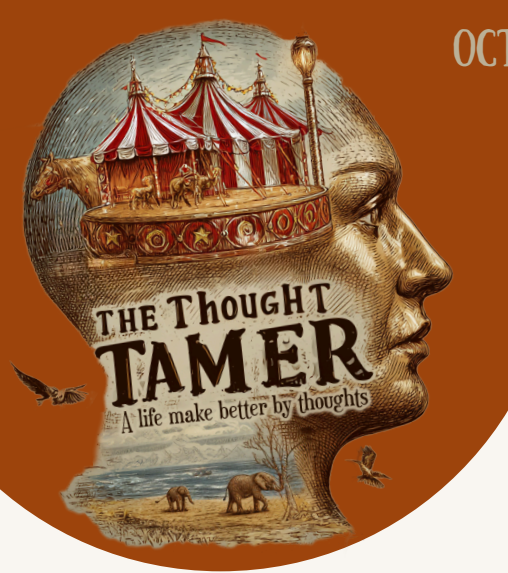


OCT. 5

PICKY FILTER  
2 CORINTHIANS 10:4-5  
TAKE HOME STUDY GUIDE

THE THOUGHT TAMER  
A LIFE MADE BETTER BY BETTER THOUGHTS



Here is your take home study guide. As you use this over the next few days you can reflect on the sermon and apply the principles of filtering your thoughts through the lens of Scripture. Each day includes journaling questions to encourage deeper contemplation and personal growth.

SO GRAB A BIBLE – A PEN – A QUIET PLACE – AND A JOURNAL.  
AND LET'S START TAMING A FEW THOUGHTS!

Now, here are the main points of the sermon again – just in case you missed them...

1. Wrecking Ball:

Our thoughts can either empower or destroy us.  
We need to actively demolish negative thoughts that do not align with God's truth.

2. Capture and Conquers:

We have the ability to capture our thoughts and replace them with God's promises and truths, leading to a conquered mind.

3. Monitoring System:

Just as a security system protects a building, we must monitor our thoughts to ensure they align with God's will.

Make sure you write down those three points because that is what a Picky Filter will do in your life.



# NOW AS YOU JOURNAL, DIG A LITTLE DEEPER AND PONDER THE FOLLOWING DAILY JOURNALING QUESTIONS:

## Day 1: Identifying Strongholds

Question: What are some negative thoughts or strongholds that have taken root in your mind?

Reflect on how these thoughts have influenced your behavior or emotions.

Action: Write down specific examples of these thoughts.

Pray for God to reveal areas in your life where you need to demolish these strongholds.

## Day 2: The Wrecking Ball

Question: How can you actively use your faith to demolish these negative thoughts?

What practical steps can you take to apply God's Word?

Action: Choose a Scripture verse that speaks directly against the stronghold you've identified.

Write it down and memorize it.

## Day 3: Capturing Thoughts

Question: Reflect on moments this week when you've allowed negative thoughts to take control.

How can you capture those thoughts in the future?

Action: Create a plan for how you will respond when negative thoughts arise.

Write down a few affirmations or truths to use as replacements.

## Day 4: Conquering Through Christ

Question: What does it mean for you to "make every thought obedient to Christ"?

How can this change your perspective on challenges you face?

Action: Journal about a current challenge you're facing.

Write a prayer asking for God's help to conquer your thoughts and bring them in line with His truth.

## Day 5: Monitoring Your Mind

Question: How can you be more intentional about monitoring your thoughts on a daily basis?

What methods or tools can you use to help with this?

Action: Set a daily reminder to check in with yourself about your thoughts.

Consider using a journal or an app to track your progress in filtering and monitoring your thoughts.

As you work through this study, remember that God has equipped you with the tools to combat negative thoughts and build a mind that honors Him.

Reflect on your progress and celebrate the victories as you learn to use your Picky Filter effectively.

It is time to allow God help you Tame your Thoughts!

