

# Hot Topics

# Thought Life

## Leader Guide

**Theme:** Your thoughts affect all aspects of your life. Thoughts can lead you to positive or negative actions. The goals of this lesson are to learn about the value of a person's thought life, understand where evil actions begin, know how to handle temptations of the mind, learn the habit of submitting every single thought to God, and to focus on what to think about based on God's word.

---

Did you know that you are what you think? Or you will at eventually become what you think. Its true! What you think about will invade every part of who you are. Mark Twain wrote, "What a wee little part of a person's life are his acts and his words! His real life is led in his head." Jonathan Edwards put it this way: "The ideas and images in men's minds are the invisible powers that constantly govern them." It is vital for you to think about what you think about.

Without pausing, what are three things going through your mind right now? What do you spend most of your time thinking about?

### **Read Mark 7:20–23.**

- Where do all evil actions begin?

### **Read Ephesians 4:22–24.**

- How should thoughts change once you became a Christian? What does this verse tell you about your connection between God and your thought life?

### **Read Matthew 4:1–11**

- Just because you are tempted in your thoughts, it doesn't mean that you sinned. How did Jesus handle temptations?
- How will the knowledge and memory of Scripture help you moment by moment in your thought life temptations?

### **Read Romans 12:2.**

- As you are becoming more mature in your relationship with God, how can you renew your mind against the patterns of the world in music, pictures, movies, apps, etc.?
- How does renewing your mind allow you to learn God's plan for your life?

### **Read 2 Corinthians 10:5**

- What should you do when you don't think pure thoughts?
- How can you take every thought and give it to the Lord?



# Thought Life

## Leader Guide

Be encouraged that if you see inappropriate material or have thoughts that are full of fear or sin, that you can retrain your mind and gain victory by replacing those images or emotions with God's Word and truths. Your thoughts do not have to control you!

### **Read Philippians 4:8.**

There is a catchy phrase you can say to recall this verse: "Oh what should I think about? Oh what should I think about? Oh what should I think about? Things so great and they are found in Philippians 4:8! Whatever is true, noble, right, pure, lovely, admirable, excellent and praiseworthy think on these things!" It is easier to follow this verse if you are putting the right things in your heart. When you are tempted to think about things that don't honor God, remember this verse.

- Also, everyone has self-talk. What type of self-talk have you had that isn't honorable? How can you say things to yourself that do follow Philippians 4:8 when you look in the mirror? When friends say negative jokes about you? When you mess up at school? When you aren't good at your hobbies? When you see other girls and compare yourself?
- What practical steps to guard your thoughts will you take starting now?

**Prayer:** Pray for the girls to give careful attention to their thoughts and to train their minds to handle temptations, decisions, self-talk, and their worldview through a biblical mind-set.

### **Additional Resource:**

*Battlefield of the Mind for Teens: Winning the Battle in Your Mind* by Joyce Myers

For more topical Bible studies for teen girls, visit [www.myhealthychurch.com/teengirls](http://www.myhealthychurch.com/teengirls)

# Hot Topics

## Thought Life

### *For Student*

**Theme: Your thoughts affect all aspects of your life. Thoughts can lead you to positive or negative actions. The goals of this lesson are to learn about the value of a person's thought life, understand where evil actions begin, know how to handle temptations of the mind, learn the habit of submitting every single thought to God, and to focus on what to think about based on God's word.**

---

Did you know that you are what you think? Or you will at eventually become what you think. Its true! What you think about will invade every part of who you are. Mark Twain wrote, "What a wee little part of a person's life are his acts and his words! His real life is led in his head." Jonathan Edwards put it this way: "The ideas and images in men's minds are the invisible powers that constantly govern them." It is vital for you to think about what you think about.

Without pausing, what are three things going through your mind right now? What do you spend most of your time thinking about?

**Read Mark 7:20–23.**

- Where do all evil actions begin?

**Read Ephesians 4:22–24.**

- How should thoughts change once you became a Christian? What does this verse tell you about your connection between God and your thought life?

**Read Matthew 4:1–11**

- Just because you are tempted in your thoughts, it doesn't mean that you sinned. How did Jesus handle temptations?
- How will the knowledge and memory of Scripture help you moment by moment in your thought life temptations?

**Read Romans 12:2.**

- As you are becoming more mature in your relationship with God, how can you renew your mind against the patterns of the world in music, pictures, movies, apps, etc.?
- How does renewing your mind allow you to learn God's plan for your life?

**Read 2 Corinthians 10:5**

- What should you do when you don't think pure thoughts?
- How can you take every thought and give it to the Lord?





# Thought Life

## *For Student*

Be encouraged that if you see inappropriate material or have thoughts that are full of fear or sin, that you can retrain your mind and gain victory by replacing those images or emotions with God's Word and truths. Your thoughts do not have to control you!

### ***Read Philippians 4:8.***

There is a catchy phrase you can say to recall this verse: "Oh what should I think about? Oh what should I think about? Oh what should I think about? Things so great and they are found in Philippians 4:8! Whatever is true, noble, right, pure, lovely, admirable, excellent and praiseworthy think on these things!" It is easier to follow this verse if you are putting the right things in your heart. When you are tempted to think about things that don't honor God, remember this verse.

- Also, everyone has self-talk. What type of self-talk have you had that isn't honorable? How can you say things to yourself that do follow Philippians 4:8 when you look in the mirror? When friends say negative jokes about you? When you mess up at school? When you aren't good at your hobbies? When you see other girls and compare yourself?
- What practical steps to guard your thoughts will you take starting now?