

# Watch Your Thoughts!

Sermon Series: Watch Your \_\_\_\_!

Proverbs 23:7 NKJV

It's often the **SMALL** things that no one sees that result in the **BIG** things that everyone wants.

## THOUGHT AUDIT

Worried 1 2 3 4 5 6 7 8 9 10 Peaceful

Negative 1 2 3 4 5 6 7 8 9 10 Positive

Worldly 1 2 3 4 5 6 7 8 9 10 Eternal

## HOW DO YOU CHANGE THE WAY YOU THINK?

2 thoughts to apply

❶ CAPTURE, ASSESS, & REDIRECT TOXIC THOUGHTS.  
(2 Corinthians 10:3-5, Proverbs 4:23, Jeremiah 12:3)

❷ EXCHANGE TOXIC THOUGHTS FOR SPIRITUAL ONES.  
(Philippians 4:8-9, Romans 12:2, Psalm 104:34 NLT)

Current Series: Watch Your \_\_\_\_!

Watch Your Thoughts!\_Part1-by Pastor Jesse Elizondo (10/16/22)

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## THOUGHT AUDIT

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## HOW DO YOU CHANGE THE WAY YOU THINK?

2 thoughts to apply

❶ \_\_\_\_\_, \_\_\_\_\_ & \_\_\_\_\_ TOXIC THOUGHTS.  
(2 Corinthians 10:3-5, Proverbs 4:23, Jeremiah 12:3)

❷ \_\_\_\_\_ TOXIC THOUGHTS FOR \_\_\_\_\_ ONES.  
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