

What we think determines who we are. Who we are determines what we do. So, if we want to experience a great life, we have to nurture _____.

Toxic is anything containing poisonous material capable of causing sickness or even death.

Proverbs 23:7—"As he thinks in his heart, so is he." NKJV

"Nurture great thoughts, for you will never go higher than your thoughts."—Benjamin Disraeli

Winning the Battle of the Mind

1. _____ and _____ toxic thoughts.

Proverbs 4:23—"Above all else, guard your heart, for it is the well spring of life." NIV "Carefully guard your thoughts because they are the source of life." CEV

• Four specific kinds of toxic waste that can poison our minds:

- _____, which usually produces negative thoughts.

- _____, which usually manifests itself as fearful thoughts.
- _____, which pollutes our thinking with discontented and envious thoughts.
- _____, which pumps destructive, judgmental thoughts into our minds.

• 2 Corinthians 10:4–5

2. Replace toxic thoughts with _____.
(Philippians 4:8, Romans 12:2)

- Any time your mind drifts toward toxic dangerous thoughts, stop. Grab those runaway thoughts and replace them with Truth.

3. Repeat step 1 and step 2 _____.

Your life today is a result of your thinking yesterday. Your life tomorrow will be determined by what you think today.

Answers: great thoughts, Identify, reject; Pessimism; Worry; Bitterness; Criticism; God's Truth; daily

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