



# YOU ARE. THINK. YOU

## *You Think. You Are. :: What Was I Thinking?* {Clay Scroggins}

### INTRODUCTION

“What was I *thinking*?” We ask ourselves that question much more frequently than we’d like to admit. We rarely ask ourselves, “What was I *doing*?” because we know it’s our thoughts—our mental activities—that shape what we do—our physical activities. Not vice versa. So then it probably makes sense to examine our thought processes. What exactly do we think about that makes us act the way we do?

### DISCUSSION QUESTIONS

1. When was the last time you thought to yourself, “What was I thinking?” What made that decision seem like a good idea at the time?
2. Do you agree that your thoughts drive your actions? Is it possible to think a certain way about something, but act in a way contrary to your thoughts/beliefs?
3. Why is it so important to be intentional about examining our thoughts?
4. Read Philippians 4:8. Of all the values listed in that verse, which one would be the most difficult for you to consistently think about?
5. While it would be nearly impossible to shield yourself from all the messages conveyed in our culture, what would it look like to use Philippians 4:8 as a filter to help examine your thoughts?
6. What steps can you take to start thinking in ways that will help you act the way you want to act and live the way you want to live?

### MOVING FORWARD

Processing through your thoughts alone can be a daunting task. One suggestion is to partner with some people in your small group to regularly share some of your deeper/personal thoughts. These accountability relationships will challenge those involved to take Philippians 4:8 to heart.

### CHANGING YOUR MIND

*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

Philippians 4:8