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Change the Way You Think: Winning the Everyday Battles of the Mind

Virginia Basye Carr

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This Bible study will help the reader to learn how to control her thoughts and why that is necessary. It will accomplish this by identifying what the Bible has to say about thoughts and then reinforcing those points using interactive questions, personal application, and memory verses. The following quote by Ralph Waldo Emerson illustrates how important a person s thoughts are: Sow a thought and you reap an action; sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny.

The foundation verses for this study are: 2 Corinthians 10:4 5 For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds; casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.

Philippians 4:8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

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