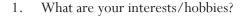


Thoughts

Questions:



- 2. What are some long term goals and hopes you have?
- 3. Make a list of podcasts, books, music and Scripture you would like to occupy your mind.

Consider:

- 1. Do you feel your thoughts trail behind your feelings and circumstances or do they lead them?
- 2. Do you make a conscience decision to awaken sexual thoughts?
- 3. Can you make a conscience decision to think about God honoring interests and hobbies?
- 4. Do you see enjoyment in interests and hobbies as God glorifying and worshipful? Or are thoughts about God the only type of thoughts that glorify God?
- 5. Can you make a conscience decision to think about prayer, Scripture and God?
- 6. Can you make a conscience decision to think about future hopes and goals?

Challenge:

- 1. Memorize Scripture.
- 2. What is a thought you can use to replace a sexual temptation? For example: the perfect fishing trip, the way you plan to build a project, etc
- 3. What is a future goal and hope you can think about that will discourage sexual sin today?

For our next meeting:

- 1. Report on your thought reflex. Did you bounce your thoughts to God honoring places?
 - a. If yes... what did you think about?
 - b. If no... why not?