



Do not conform to the pattern of this world, but be transformed by the renewing of your mind. ... Romans 12:2 NIV

- Your life is always moving in the direction of your strongest thoughts.

Philippians 4:8

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. NLT

Philippians 4:8

... if there is any virtue and if there is anything praiseworthy—meditate on these things. NKJV

Meditation: to engage in mental exercise; to focus one's thoughts

Psalms 119:15

I meditate on your precepts and consider your ways. NIV

Psalms 143:5... I meditate on all your works and consider what your hands have done. NIV

“Your focus needs more focus.” —Jackie Chan, in *The Karate Kid*

- What stronghold is holding you back?
- What truth demolishes that stronghold?

For Further Reflection

Do you ever find yourself acting irrationally based on a lie you believe about yourself? If so, how?

Have you meditated on God's truth before? What was that experience like?

What is the dominant stronghold in your life?

What are some truths from God's Word that you can write, meditate on, and confess to combat it?