

Next Steps

“Next Steps” are ideas and opportunities to help you go deeper in your faith. They are different each week and linked to Sunday’s message. Below you’ll find scriptures to read, questions for reflection, practices to try and opportunities to take action, all to help you become more like Jesus in your relationships with God, the Church, and the world.

January 9, 2022 - Small Things - Big Difference Our Thoughts

What is the one word you want to focus on this year? If you haven’t chosen that word, watch last week’s sermon and consider Pastor David’s next steps. You can find these at bellefontefaith.com/smallthings

How have you experienced your life moving in the direction of your strongest thoughts? Were these good and positive thoughts or difficult and negative ones?

Take the THOUGHT AUDIT

Circle the number that best represents your daily thoughts.

Worried 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Peaceful

Negative 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Positive

Worldly 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Eternal

To change our thoughts:

1. Capture Destructive Thoughts

Read **2 Corinthians 10:3-5**. What destructive thoughts and lies about yourself or others do you find most difficult to overcome? How can you take those thoughts captive?

2. Focus on Good Spiritual Things

Read **Philippians 4:8-9**. What are positive thoughts and spiritual truths about yourself and others that you need to focus on? Write them down so you can daily think about these things. How can identifying God at work in your life help you see more of God at work in your life?

What one thought can help you stay focused on your one word? Write that thought down and place it somewhere where you will read and consider it often.

My One Thought: _____