

TOXIC

Daily Devotional for TOXIC THOUGHTS

Here is a Daily Devotional to enable you to make the most out of this sermon. You may use it for your personal growth or discuss it together with your Life Group.

May 30: Brain Power.

- Pastor Whitcomb talked about toxic thinking bias – the idea that your brain has distorted filters based on previous experiences. What might be some toxic thinking biases you have? How can you confront and correct those biases?
- Do you use filters on your photos on social media? If so, which one is your favorite? If not, why not? Which filters do you need to use on your thoughts today?
- Read Romans 12:1-2 and meditate on verse 2. What would it look like for you to renew your mind every day? What is a negative statement or idea you say about yourself? What is some truth from Scripture you can replace it with?
- Pray this prayer by faith: “God, reveal to me any lies that I am believing about myself, others, or You. Help me replace those lies with Your transformative, healing truth. Renew my mind. Transform my thoughts. And make me more like You today and every day. In Jesus’ name. Amen.”

May 31: Discern Toxic Thinking.

- Pastor Whitcomb said, “What stays in your mind stays in your life. You cannot live a positive life with a negative mind. You can’t live a victorious life with a defeated mind.” What does this statement mean to you?
- Read Psalm 139:23-24. David earnestly sought God to point out the errors in his thoughts and his life. How open are you for God to show you any errors in your thoughts and life? In what ways can you become more aggressive and diligent in pursuing spiritual growth?
- Share moments when God convicted you of a wrong thought, attitude, or action while you were reading the Bible.
- Pray this prayer by faith: “Gracious Father, I thank You for Your word which is useful for teaching, rebuking, correcting, and instructing me. I open up my will to Your demands and subject my thoughts to Your authority. Search me thoroughly and point out anything which is not of You in my life. In Jesus’ name, I pray. Amen.”

June 1: Capture Your Influence.

- What is a scene you have witnessed or a song you have heard that constantly gets stuck in your head? Is this scene or song pleasing to God?
- Pastor Whitcomb said, “The problem for many of us is that we want to change our status and our circumstances, but we are not willing to change our thinking.” What does this statement mean to you? Sometimes, the trouble in our lives is caused by our own toxic thinking. What problems in your life can you trace to toxic thinking?
- Read Psalm 119:9-16 and focus on verses 9 & 11. The concern of staying pure as a child of God has been relevant from the days of King David until now. What is the solution to detoxifying your thinking and pleasing God as prescribed by David in today’s Scripture reading?
- Make this declaration out loud: “I take every thought in my mind captive and subject it to the power of Christ in me. I reject any offer and influence from the camp of the devil that comes through conversations with friends, the news, trends, movies, music, and the media. God’s word has found an eternal resting place in my heart. My life is a testament to the glory of God.”

June 2: Mind at work

- Pastor Whitcomb shared the story of the African impala. The impala has the ability to leap over a tall wall, yet it won't do that if it cannot see where its feet will land. Is there any area of your life where you are like the impala? How? Explain the situation to your group.
- Read 2 Peter 3:1-14 and focus on verses 1-2. How do we stimulate ourselves into wholesome thinking?
- Have you thought about why and how negative thoughts are so easily and quickly stuck in your head? What lesson can you learn from this? How can you get "truthoughts" to stick in your head instead of toxic thoughts?
- Take turns to pray for one another and ask God to help you renew your mind to align with His word.
- Create a truth statement to combat the lies you have been believing. Share it with your Life Group, then commit to declaring it over yourself every day for 30 days.

June 3: Reflections and Refractions.

- Did you have any worries as a kid that seem silly now? If so, what were they? How often would you say you experience worry? What do you do when you're feeling worried?
- Share your experience about a time when you decided to trust God instead of worrying. What prompted that decision? What kind of impact did it have on you?
- Read Romans 8:38-39. Isn't this declaration so refreshing? We are assured of the eternal nature and omnipresence of God's love for us. What are some of the negative thoughts you are struggling with? After knowing these truths about God's love, would you allow negative and toxic thoughts into your life? What can you do to keep reminding yourself of the truth of God's love?
- Pray this prayer by faith: "Father, help me to see the light in every challenge I go through. Help me trust Your faithfulness. Guide my thoughts to always focus on the victorious power of Your word. In Jesus' name. Amen."

June 4: Mental Shackles.

- Have you ever thought that God is withholding a blessing from you because you made a bad decision? How did that make you feel? Share with the group.
- Read Romans 8:31-37 and focus on verses 31 and 32. What is the assurance you have from this passage regarding your past mistakes?
- Pastor Whitcomb talked about A.N.T.S. – Automatic Negative Thoughts. Do you have A.N.T.S. in your life? What are the three biggest A.N.T.S. you are living with right now? What Scriptures can you meditate on and declare over your life to overcome these A.N.T.S.?
- Pray this prayer by faith: "Dear Lord, when I'm overwhelmed with negative thoughts because of my past experiences and the current happenings in the world, give me the grace to overcome them through assurance in Your Word. Deliver me from automatic negative thoughts. Help me to respond to every situation I face with faith in Your love. In Jesus' name. Amen."

June 5: Christ-like Thinking.

- Pastor Whitcomb challenged us to discipline our minds to overcome toxic thoughts. When we practice "truthoughts" we overcome mediocre, negative, and debilitating thoughts that hold us back from God's best. Discuss three "truthoughts" you need, and search for their Scripture references from the Bible.
- Read Philippians 2:1-11 and meditate on verse 5. How can we align our thinking to that of Christ when He walked on earth? Discuss with your group members some new habits you can form to purge your thoughts and make them more Christ-like. Commit to a 30-Day Challenge of practicing thinking "truthoughts" with an accountability partner. Begin this journey to clean up your toxic thoughts today!
- Pray this prayer by faith: "Dear Father, help me through Your Word and Your Spirit to reason as Christ Jesus did. Convict my heart when I err in living, listening, and loving for every passing moment. Fill my spirit with new wine and my mind with edifying thoughts for the furtherance of Your kingdom. In Jesus' name. Amen."