

## **Conscious Thought Control is a Positive Practice**

Note: Thankfulness also is a positive form of conscious thought control

### **Think about Good Stuff**

Philippians 4:8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy – meditate on these things.

1 Thessalonians 5:21 Test all things; hold fast what is good.

### **Leave the Past in the Past**

Philippians 3:13 – 14 Brethren, I do not count myself as having apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus.

### **Overcoming Inadequacy**

2 Corinthians 2:15 – 16 For we are to God the fragrance of Christ among those who are being saved and among those who are perishing. To the one we are the aroma of death leading to death, and to the other the aroma of life leading to life. Who is sufficient for these things?

### **Seeing the Positive Side of Adversity**

Philippians 1:18 What then? Only that in every way, whether in pretense or in truth, Christ is preached; and in this I rejoice, yes, and I will rejoice.

Philippians 3:8 Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ.

James 1:2 – 4 My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing.

### **Focusing on Sympathy, Mercy, and Forgiveness Rather than that which Prompted Them**

Hebrews 4:15 – 16 For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Therefore let us come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.