

*For as he thinks in his heart, so is he. "Eat and drink!" he says to you, But his heart is not with you. Proverbs 23:7 (NKJV)*

## **New Thoughts**

**What thoughts are you allowing your mind to think?** That seems like an odd question to me. **Why is that?** Your question seems to imply that I can control what I allow my mind to think. **You do have the power to control what you allow your mind to think. Your mind is not held captive to whatever thought comes into it. You can decide to think or not think about something.** That hardly seems possible to me. **Why is that?** In deciding I will not think about something won't I be thinking about it? **No, you can decide to leave unwanted and unhelpful, worldly and sinful thoughts behind you.** I would like to do that.

**Let's be very clear about something.** What's that? **The thoughts that you allow your heart to think will guide the entire course of your life. Your thoughts will become your words and your words will become your deeds. Your thoughts and words and deeds will add up to be the quality and character of your life. Your thoughts and words and deeds will determine all that you will think, say and do.** So, what I allow my mind to think is a very important issue. I will need to take control of all my thoughts and words and deeds. **Let's talk more about that.** I would like to do that.

**You said that seemed hardly possible that you could decide what you will and will not think.** Yes, I did. **You were almost right about that. Why was I not completely right. You should have said, it is impossible for me to control the thoughts of my mind. Then I would have agreed with you.** Now, I am confused. **On your own, with your own power, using your efforts alone, you will not be able to control the thoughts of your mind.** That's what I thought. But, didn't want to say it. **Why is that?** I didn't want to admit defeat. **Don't admit defeat. Admit that you need my help. Come to rely on me. Let me change your heart, transform your mind and guide your life. Let me give you new thoughts to think.** I would like that.

How will you change my heart, transform my mind and guide my life? How will you give me new thoughts to think, words to speak and deeds to do? **I will use my word. Let my word dwell in your heart and mind. Allow my word to guide your life. Meditate on my word day and night. My word will be like a sword to fight in you, with you and for you. My word will make you able to think my thoughts and walk in my ways. My word will make you able to think thoughts, speak words and do deeds that are pleasing to me. Will you allow my word to dwell in your heart and mind and life?** Yes Lord, I will. **Then you will become the person I have called you to be. Then you will live the life I have called you to live.** That is what I want. **That is very good.**

*Lord, help me to think thoughts that please you. I want your thoughts to guide the thoughts of my heart, words of my mouth and deeds of my life. Transform my thoughts so I will think and speak and act in ways that are consistent with your will and ways. Amen*

**The Mind** *Always Thinking About The Cost*  
for he is the kind of man who is always thinking about the cost. "Eat and drink," he says to you, but his heart is not with you.

NIV Proverbs 23:7

**The Mind** *Inwardly Calculating*  
for he is like one who is inwardly calculating. "Eat and drink!" he says to you, but his heart is not with you.

ESV Proverbs 23:7

**The Mind** *Always Thinking*  
They are always thinking about how much it costs. "Eat and drink," they say, but they don't mean it.

NLT Proverbs 23:7

**The Mind** *So Is He*  
For as he thinks in his heart, so is he. "Eat and drink!" he says to you, But his heart is not with you.

NKJV Proverbs 23:7

**The Mind** *So Are They*  
for like a hair in the throat, so are they. "Eat and drink!" they say to you; but they do not mean it.

NRSV Proverbs 23:7

**The Mind** *As He Is*  
He'll be as stingy with you as he is with himself; he'll say, "Eat! Drink!" but won't mean a word of it.

MSG Proverbs 23:7

**The Mind** *So Is He*  
For as he thinks in his heart, so is he. As one who reckons, he says to you, eat and drink, yet his heart is not with you [but is grudging the cost].

AMP Proverbs 23:7

**The Mind** *Is A Trick*  
Their kindness is a trick; they want to use you as their pawn.

TLB Proverbs 23:7

**The Mind** *So Is He*  
For as he thinks within himself, so he is. He says to you, "Eat and drink!" But his heart is not with you.

NASB Proverbs 23:7

**The Mind** *Always Worrying About How Much*  
Selfish people are always worrying about how much the food costs. They tell you, "Eat and drink," but they don't really mean it.

NCV Proverbs 23:7

# So Is He

Year \_\_\_\_\_ Week \_\_\_\_\_ Day \_\_\_\_\_ Date \_\_\_\_\_

**The Mind** – Proverbs 23:7

**In Context:** *Read Proverbs 23*

**Begin With Prayer:**

***Here I am Lord. I Am Listening.***

**Meditating On God’s Word:** ***(What is God speaking to your heart?)***

For as he thinks in his heart, so is he. "Eat and drink!" he says to you, But his heart is not with you. Proverbs 23:7 (NKJV)

**Considering The Words:** ***(What words speak to your heart?)***

For as | he thinks | in his heart, | so is he. | "Eat | and | drink!" | he says | to you, | But | his heart | is not | with you.  
Proverbs 23:7 (NKJV)

**Praying The Scripture:**

***(What prayer from your heart will you write?)***

Lord, help me to think thoughts that please you. I want your thoughts to guide the thoughts of my heart, words of my mouth and deeds of my life. Transform my thoughts so I will think and speak and act in ways that are consistent with your will and ways. Amen

**What It Means:** ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

**Why do your thoughts direct your life and define who you are?**

What kind of thoughts do you think deep down in your heart?

When have you been surprised by the thoughts that have been in your heart?

What thoughts of your heart would you rather not hold on to?

When have you been embarrassed as the thoughts of your heart got expressed out loud?

**What thoughts of your heart would you like the Lord to change?**

**When has God changed the thoughts that you have held in your heart?**

**Living It Out:**

***(What action step is God guiding your heart to take?)***

Meditate on God’s word so that He can use it to transform the thoughts of your heart into ones that please Him.

**Seeing It Happen:**

***(What are you trusting God for in your heart?)***

Have faith that God will change the thoughts of your heart into ones that please Him.

**Get Ready To Share:**

***(What can you share with others from your heart?)***

Share with another person or your small group how God has used His word to transform the thoughts of your heart.

**Close With Prayer:**

***Quiet Yourself Before The Lord***

*Pause And Offer Prayers Of...*

*With An Attitude Of Faith Listen To What The Lord Wants To Say To You*

Adoration... \_\_\_\_\_

Thanksgiving... \_\_\_\_\_

Confession... \_\_\_\_\_

Intercession... \_\_\_\_\_

Petition... \_\_\_\_\_

**Journal**

*As You Quiet Yourself Before The Lord*

**What Do You Want To Say To Me Lord?**

---

---

---

---

---

---

---

---

**What Prayers Are You Praying Today?**

---

---

---

---

---

---

---

---

**Prayer Of Blessing**

*(What Prayer Of Blessing Can You Pray For Another?)*

*May you allow God to transform your thoughts so you will think and speak and act in ways that please Him.*

---

---

---

---

**Prayer To Carry**

*(What Prayer Would You Like To Carry Throughout Your Day?)*

*Heavenly Father, transform my thoughts so I can think and speak and act in ways that please you.*

---

---

---

---

**What Do You Want To Remember About Today?**

---

---

---

---

---

---

**A Question To Ask God**

*(What Would You Like To Ask God?)*

*Heavenly Father, how can I think and speak and act in ways that please you today?*

---

---

---

---