

CHURCH

[illegible]

Our thoughts have a powerful influence on the way we live. When we allow fear, doubt, worry, or our own understanding to lead us, those thoughts can pull us away from God's promises, His presence, and the identity He has given us. Scripture reminds us that we are not called to simply follow every thought that enters our minds—we are called to bring our thoughts under the authority of Christ.

Prayer gives us a different way forward. Instead of allowing our thoughts to immediately become actions, we can turn those thoughts toward God through rejoicing, prayer, petition, and thanksgiving. As we develop the healthy habit of bringing our thoughts to God, He gives us peace, direction, strength, and alignment with His plan. This week, let's consider what thoughts we need to surrender and how we can make prayer our first response.

PROVERBS 3:5-6

Don't let your thoughts lead you without first bringing them to God.

- Turn worry into an invitation to pray.

- Trust God for direction instead of relying only on your own understanding.

- Seek His will and allow prayer to bring your heart into alignment with His plan.
- Proverbs 3:5-7

Talk About It

- Think about a time when your thoughts caused you to react before you had taken time to pray. What might have been different if prayer had come first?
- Why do you think worry can be a useful indicator that it is time to pray? What kinds of situations tend to trigger worry for you?
- How does gratitude change the way we approach God when we are facing something difficult?
- What does it look like practically to trust God when you don't understand the path He is leading you on?

Reframe worry as an indicator to pray.

Prayer

God, thank You that we can bring every thought, worry, and concern to You. Help us to trust You instead of relying on our own understanding. Teach us to rejoice in who You are, pray about what we are facing, and give thanks for what You have done and promised. Guard our hearts and minds with Your peace and lead us in Your direction. In Jesus' name, amen.

Next Steps

- Catch the thought. When worry, fear, or doubt comes to mind this week, pause before reacting and recognize what you are thinking.
- Turn the thought into prayer. Talk to God about the situation, ask Him for what you need, and surrender the outcome to Him.
- Practice the pattern. Each day, intentionally rejoice, pray, give thanks, and repeat as you bring your thoughts before God.