

REFLEX



Thoughts

Questions:

1. What are your interests/hobbies?
2. What are some long term goals and hopes you have?
3. Make a list of podcasts, books, music and Scripture you would like to occupy your mind.

Consider:

1. Do you feel your thoughts trail behind your feelings and circumstances or do they lead them?
2. Do you make a conscience decision to awaken sexual thoughts?
3. Can you make a conscience decision to think about God honoring interests and hobbies?
4. Do you see enjoyment in interests and hobbies as God glorifying and worshipful? Or are thoughts about God the only type of thoughts that glorify God?
5. Can you make a conscience decision to think about prayer, Scripture and God?
6. Can you make a conscience decision to think about future hopes and goals?

Challenge:

1. Memorize Scripture.
2. What is a thought you can use to replace a sexual temptation? For example: the perfect fishing trip, the way you plan to build a project, etc
3. What is a future goal and hope you can think about that will discourage sexual sin today?

For our next meeting:

1. Report on your thought reflex. Did you bounce your thoughts to God honoring places?
 - a. If yes... what did you think about?
 - b. If no... why not?

