

**SERMON OUTLINE**  
**WHAT'S ON YOUR MIND?**

*Think About What You are Thinking About*

Romans 8:6

January 31 & February 1, 2026 - Pastor Mark Rein

I. You can \_\_\_\_\_ your \_\_\_\_\_

Philippians 2:5

In your relationships with one another, have the same mindset as Christ Jesus

II. Meditate on God's \_\_\_\_\_

Joshua 1:8

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

III. Meditate on God's \_\_\_\_\_

Psalm 77:11-12

I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. I will consider all your works and meditate on all your mighty deeds.

Psalm 143:5

IV. Take every \_\_\_\_\_

II Corinthians 10:3-5

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

V. You can undergo a complete mind \_\_\_\_\_

Romans 12:2

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Ephesians 4:22-24

**Next Steps:**

1. Decide to take control of your thoughts.
2. Memorize Psalm 103:1-2.
3. Have the thought redirection techniques ready: pray, think about scripture, sing a worship song.