

A STILL AND QUIET MIND

Question #1: Is this thought true?

John 17:17 John 16:13 Proverbs

12:15 Proverbs

20:5

Question #2: Is this thought helpful?

Is it helpful to think this thought?

Is it helpful for reducing my suffering?

Is it helpful for increasing my holiness?

Question #3: Is this thought Appropriate to my situation?

If I am facing extreme trials in life, it will often be more appropriate for me to let my thoughts wander toward cries of lament than to force my mind toward positivity. My thoughts should appropriately reflect my circumstances. Biblically faithful thoughts are sometimes difficult and unpleasant thoughts.

Question #4: Is this thought complete?

As I examine a thought, I need to ask myself, "And what else?"

When I ask, "And what else?" it prompts me to consider other questions: What other thoughts are true? What other thoughts are helpful and appropriate to my situation? What noble, right, pure, lovely, admirable, excellent, and praiseworthy thoughts am I missing (See Philippians

4:8-9)?