

# THE **BIG** IDEA

***We can start to have the mind of Christ  
by eliminating our negativity.***

**Monday:** *Proverbs 23:7; Philippians 2:5*

Proverbs tells us we are what we think. If that's the case, who are you? What did you see about yourself in the Attitude Check? Even if you feel like moving into a garbage can, you can still have the mind of Christ! Commit today to take the positive steps to change your mind!

**Tuesday:** *1 Corinthians 15:33*

Who are the negative people in your life? Go ahead and list them. Spend time brainstorming with God about ways to NOT hang out with them. If some live in your house, ask Him to help you start a conversation about your commitment to be more positive.

**Wednesday:** *2 Corinthians 10:5*

It will take practice, but you can retrain your brain to think more positively. What makes you complain most? Be aware in those situations and watch your thinking. This is a good place to ask someone else to help you.

**Thursday:** *Philippians 4:7-8*

When you get tempted to complain, ask yourself what Jesus is thinking about this person or situation. You will start to replace your thoughts with His—it really does happen!

**Friday:** *Ephesians 4:22-24*

Jesus is making your mind new, rewiring it with His holy thought patterns. Pray today and seek His continued help: *God, I commit to you not to hang around those who pull me away from you with negativity. Give me the power not to dwell on negative, destructive thoughts, but to replace them with Your truth. Renew my mind with the truth of Your word. Help me to have the same attitude as Jesus!*