1. Where is Logan’s “thinking spot?” How does it help him?
2. Name two of the things that Paul tells us to think on in Phil 4:8? (Whatever is Pure, Right, Lovely, Admirable, Excellent, Praiseworthy)
3. Are you happy with what you think about? What do you think about that is ‘good’? What do you think about that is ‘not so good’?
4. What filters could you put in your mind to replace the ‘not so good’ thoughts. (hint: check out the Phil 4:8 Filter Activity)
5. What is it that helped Daniel and can help us keep bad thoughts out? (HABITS - praying, listening to Him, obeying, trusting)
6. What does Logan suggest you do to help you “think about the things you think about?” (find a thinking spot, write thoughts down, listen to what God says, apply Phil 4:8 filters)
7. What little habit could you start this week?
8. If you are feeling really creative…make a story board similar to the “Think about the Things you Think about” song. Maybe you could even film it or take a picture and send it to donna@cochranealliance.com.