

RESET My Mind – I Am What I Think About

Psalm 27:4

RESET Part 2 of 4

Pastor Nate Marsh- August 17, 2025

Your thoughts are the steering wheel of your life.

These thoughts reside in our minds, free of charge, yet they mold our emotions, guide our actions, and color our perceptions of the world.

Psalm 27:4

**STAGE 1: A RESET MIND _____ WITH A
RESET FOCUS.**

STAGE 2: WHAT YOU THINK ABOUT, YOU

_____.

“Sow a thought, reap an action.

Sow an action, reap a habit.

Sow a habit, reap a character.

Sow a character, reap a destiny.”

Romans 12:2

STAGE 3: TAKE EVERY THOUGHT _____.

2 Corinthians 10:4–5

Toxic Takeover = Is when negative, harmful thoughts take control of your mind—changing how you see yourself, how you see others, and how you see God.

APPLICATION STEP - Each morning this week, before you check your phone or start your day, read Philippians 4:8 and intentionally replace one negative or anxious thought with a truth from God’s Word—training your mind to think in alignment with Him.

Questions for Further Study

Mind Ownership

Romans 12:2 calls us to be “transformed by the renewing of your mind.” In what ways do you see the world trying to conform your thinking?

How would your decisions change if every thought was filtered through the truth that your mind belongs to God?

Thought Replacement

Philippians 4:8 lists things we should think about. Which of these categories (true, noble, right, pure, lovely, admirable) is most challenging for you right now, and why?

What practical steps can you take to replace a recurring negative thought with God’s truth?

Mindset and Identity

How does knowing your identity in Christ help you combat lies, doubts, or mental strongholds?

Which verse from Scripture has been most helpful in reshaping how you think about yourself?

Guarding the Mind

Proverbs 4:23 says, “Above all else, guard your heart.” What does it practically look like to guard both your heart and your mind in today’s culture?

What boundaries or habits might you need to set to protect your thought life?

Living the Reset

How can a mind RESET by Jesus influence your attitude, speech, and reactions this week?

Who in your life might see the difference when your mind is renewed, and how could that open the door for a conversation about Jesus?