

This Is My Year

Heart and Mind

(Hebrews 4:12)

Guarding Your Thoughts:

1. **Know the Word of God**
(Hebrews 4:12) (John 1:14)
2. **Set Your Mind on Higher Thoughts**
(Colossians 3:2-5) (Romans 8:5-7)
3. **Renew and Examine Your Heart and Mind**
(Romans 12:2) (Proverbs 4:23) (Psalm 26:2)
4. **Think About What You Think About**
(Philippians 4:8) (2 Corinthians 10:5)
5. **Maximize Daily Potential: Grow Daily**
(Luke 2:52)