

Prognosis

"There is a way that seems right to a man, but its end is the way to death."
Proverbs. 14:2

"In the pride of his face the wicked does not seek him; all his thoughts are,
"There is no God." Psalm 10:4

"The LORD saw that the wickedness of man was great in the earth, and that
every intention of the thoughts of his heart was only evil continually." Gen. 6:5

~Toxic thoughts can make my soul sick

Prescription

Psalm 139

Preventative Treatment

1. _____ *all points of entry into my mind*

O LORD, you have searched me and known me! ²You know when I sit down
and when I rise up; you discern my thoughts from afar." — Psalm 139:1-2
See Colossians 3: 1-3

2. _____ *a daily Bible study and prayer plan*

How precious to me are your thoughts, O God! How vast is the sum of
them! — Psalm 139:17 / See Philippians 4:6-7

3. _____ *daily to relieve controlling thoughts*

Search me, O God, and know my heart! Try me and know my thoughts!
And see if there be any grievous way in me, and lead me in the way
everlasting." — Psalm 139:23-24

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