



Enjoy the Meal

Our life is consistently trending in the direction of our strongest thoughts.

There is hope, we have a choice.

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. **Philippians 4:8 NLT**

We will fix our thoughts on what is true!

How to Stop the Spiral

You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. **Psalm 23:5 NIV**

Accept the truth that God has prepared a meal for you.

- The meal is unique for you.
- God's plans are better than yours.

The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life. **John 10:10 NLT**

Choose to sit at the table.

See how very much our Father loves us, for he calls us his children,

and that is what we are! But the people who belong to this world don't recognize that we are God's children because they don't know him. **1 John 3:1 NLT**

- Every lie we believe is a reflection of what we believe about God.

Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. **Psalm 139:14 NLT**

- Discover God's will.

Your word is a lamp to guide my feet and a light for my path. **Psalm 119:105 NLT**

- Live out God's will.

But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. **James 1:22 NLT**

Avoid the distractions.

- Choose wisely who can sit at your table.

Whoever walks with the wise becomes wise, but the companion of fools will suffer harm. **Proverbs 13:20 ESV**

- Who we sit with shapes our future.

Don't be fooled by those who say such things, for "bad company corrupts good character." **1 Corinthians 15:33 NLT NLT**

- Refuse to compare your life to someone else's.

Jesus replied, "If I want him to remain alive until I return, what is that to you? As for you, follow me." **John 21:22 NLT**

Focus on Jesus.

¹¹ *Then I saw heaven opened, and behold, a white horse! The one*

*sitting on it is called Faithful and True, and in righteousness he judges and makes war. ¹² His eyes are like a flame of fire, and on his head are many diadems, and he has a name written that no one knows but himself. ¹³ He is clothed in a robe dipped in blood, and the name by which he is called is The Word of God. ¹⁴ And the armies of heaven, arrayed in fine linen, white and pure, were following him on white horses. ¹⁵ From his mouth comes a sharp sword with which to strike down the nations, and he will rule them with a rod of iron. He will tread the winepress of the fury of the wrath of God the Almighty. ¹⁶ On his robe and on his thigh he has a name written, King of kings and Lord of lords. **Revelation 19:11-16 ESV***

*"As God is exalted to the right place in our lives, a thousand problems are solved all at once." **AW Tozer***

- Why would I ever want to sit at another table?