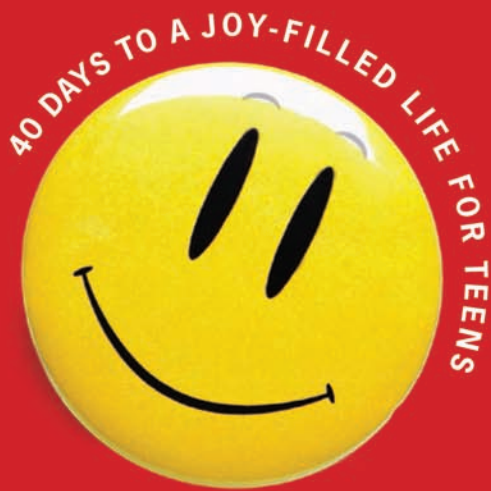


# THINK 4:8



NEW YORK TIMES BESTSELLING AUTHOR

TOMMY  
NEWBERRY

*with Lyn Smith*





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# INTRODUCTION

**THIS BOOK WASN'T WRITTEN** for your mom or dad, although they might become curious enough to peek inside it when they see what it does for you. It wasn't written for your youth leader, teacher, or coach, either.

This book is just for you!

It was written for you because I believe God has an incredible plan for your life, and I want you to live it. Living God's plan has a lot to do with the way you think. During the next forty days, you will be inspired and challenged to upgrade your thinking and refresh your attitude. By following this forty-day game plan, you will erase some weak, unhelpful thinking and replace it with strong, productive thinking. The Bible describes the best way to think like this:

Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about. (Philippians 4:8, TLB)

Over years of coaching others to reach their life goals, I've come to the conclusion that this single verse from the New

Testament contains the secret to a joy-filled life. When you apply this verse to your daily life—transforming the way you think by focusing on your strengths, your blessings, your goals, the people who love you, and the truths of who God is and who he has made you to be—your joy will be amplified. That’s what I call the 4:8 Principle.

If you let it, God’s way of thinking and this book can totally change your life. Do you know that you don’t have to be afraid or insecure? Do you know that what other people say about you doesn’t have to define you? Do you know that your thoughts today will impact your future? Do you know that an exciting road that God designed with your name on it now stretches before you?

It’s all true. And you can live it. In forty days, you can be on your way to a joy-filled, purpose-driven life.

You can go through this book on your own, but my coauthor, Lyn, and I suggest you read it with at least one other person, and preferably with a group, such as your church youth group. Having other people on a similar journey is encouraging and a lot more fun than going it alone.

However you approach this new experience, my prayer is that mighty things will happen in you and through you. I have every confidence in God that as you learn to think and live the way he intended, he will help you become a Spirit-powered influencer and leader.

Hang on, think 4:8 . . . and let the joyride begin!

# DAY 1

## THINK THIS, NOT THAT

*The Joy of Free Will*

*Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about.*

PHILIPPIANS 4:8, TLB

**YOUR MIND** is a busy place. Some researchers say we have around thirty-five thoughts per minute, adding up to approximately fifty thousand each twenty-four hours. Others think the numbers are much higher: 1,500 thoughts per minute or 1.4 million thoughts per day. Either way, that is a lot of thinking!

Every time you talk or text with friends, you are sharing your thoughts and listening to theirs. When you watch television or

read a book, your mind is taking in information. Walking through the halls at school, you think about what you are seeing and hearing. When an adult gives instructions, you decide how you feel about his or her directions and whether you are going to comply with them.

Many of these thoughts flow through your mind quickly. You may not even know you've had them. Yet they are very important. Every single thought affects who you are and what you do.

At any given moment you can choose to

think excellent thoughts, not mediocre thoughts;

think fresh, exciting thoughts, not stale, boring

thoughts;

think compassionate thoughts, not harsh thoughts;

think loving thoughts, not indifferent thoughts;

think helpful thoughts, not hurtful thoughts;

think grateful thoughts, not entitled thoughts;

think success thoughts, not failure thoughts;

think giving thoughts, not getting thoughts;

think serving thoughts, not self-centered thoughts;

think responsible thoughts, not irresponsible thoughts;

think positive thoughts, not negative thoughts.

These choices impact every area of your life, from how you study, to the amount of confidence you have to try new things, to what you eat, to the quality of your friendships, to how you play sports, to what you wear, to your relationships with your parents. Your thoughts directly affect everything you do.

Your thoughts also reveal who you are. Everything you say,

text, or share on social media reveals your thoughts. The real you shows up even if you don't intend it to. Your thoughts show!

Whatever you give your attention to expands in your life. If you think about your strengths, your blessings, your goals, and the people who love you, then you will attract even more blessings, more love, and more accomplishments. It's a powerful truth!

If you want to be happy and successful—and by that I mean becoming more and more like the person God created you to be—make good choices in your thought life. Think positive things, encouraging things, and kind things. Little by little, your mind determines the person you will become.

## LIVE 4:8 ::



### Work It

Wrong or negative thoughts do not simply go away. They need to be replaced. Think about the person you intend to become. Then, in the right-hand column (“Not That”) on the following page, identify a few specific thoughts that are incompatible with that vision. In the left-hand column (“Think This”), identify a handful of thoughts that are compatible and helpful. At the bottom, write a short sentence saying what you will commit to do to improve your thinking.

THINK THIS	NOT THAT



### Talk It

*(Note: You can do this section with a friend, a family member, or your youth group.)*

Tell one or two people you trust one good thing you are choosing to think about. Ask if they would like to join you so you can help each other. Send a text in the next twenty-four hours reminding them to think about the good things they shared with you.



## Stick It: Thought of the Day

I am free to  
choose my  
thoughts.



## Pray It

*Jesus, please help me to be aware of my thoughts. Don't let my mind be lazy, but help me to think only about things that are important to you and will lead to your best for me. Amen.*



