

# **“REALIGN YOUR THOUGHTS”**

## **“Realignment: Habits that Get You Back on Track” - Part 2**

January 18, 2026

**Romans 12:2** Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. (NLT)

**Your life will always move in the direction of your strongest thoughts.**

## **4 Ways to Realign Your Mind**

### **1. Question every thought you think.**

**Jeremiah 17:9** The human heart is the most deceitful of all things and desperately wicked. Who really knows how bad it is? (NLT)

**John 8:32** You will know the truth, and the truth will set you free.” (NLT)

### **2. Interrupt unhealthy thought patterns.**

**Proverbs 23:7** For as he thinks in his heart, so *is* he. (NKJV)

### **3. Replace lies with God's truth.**

**John 17:7** Your word is truth. (NIV)

### **4. Practice daily mind renewal.**

**Psalm 119:11** I have hidden your word in my heart, that I might not sin against you." (NLT)