

Discretion, Part 1

You are what you THINK!

What you think determines what you say, what you feel and ultimately, what you do. For good or bad, all of life moves through the pathway of the brain and deliberation. For some, there is long, thorough and cautious evaluation. For others, deliberation is little more than an impulse of awareness before action.

Discretion is “the ability to make responsible decisions and judgments as a result of separating or distinguishing right thought.”

The quality of your life is in direct proportion to the quality of your thought life.

Discretion is not the result of a unique insight, but the intentional development of a pattern of thought that enables you to make wise choices and shape positive outcomes.

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.—Philippians 4:8

The Apostle Paul simply says that intentional protection and processing of the thought life are essential for your well-being.

If I could flash on the screen all the thoughts you have had today or this week, two things would happen:

- 1) I would know many things about your emotional and spiritual condition.
- 2) Some of you would be very embarrassed.

Since thoughts drive emotions and actions, there is nothing worse than living with the consequences of *not* changing the way you think.

The Significance of Your Thought Life

Your thoughts develop your identity.

Thoughts have everything to do with how you see and relate to the world around you.

Where you are going—self ideal
What you are—self image.
Why you matter—self worth

Your thoughts define your integrity.

intentionality

Who you are is determined from the inside out.

What is the measure of believability in your life? Are you reliable? Do you have integrity? If you deceive yourself, you will destroy yourself!

Your thoughts determine your destiny.

What you think about, dream about and process mentally today will have great impact on the decisions and destiny of tomorrow.

The Secret to Your Thought Life

In the world around us, we are saturated with an abundance of contentment-reducing, lust-enticing, fear-promoting, anxiety-producing, greed-indulging and pride-seducing materials and merchandise that can creep into our thought life. When this occurs, many people assume they need to begin a “Think...Resist” program. It’s not a *resistance* program that is needed, but a *presence* program. As we read before in Philippians 4:8, we should “think about these things”:

Discretionary Outcome

- Is it true?
- Is it honorable?
- Is it just?
- Is it pure?
- Is it lovely?
- Is it commendable?