



## Intentional Thinking

### Week 1 – Intentional Actions:

This week, when you find yourself scrolling, snacking, checking your email (again), or adding something to “the cart.” Try to pause and take a moment. Notice the action. When you find your mind worrying, running through your to-do lists, or thinking negative thoughts.

**Take a moment.** *Breathe.*

Notice the action. Notice how you are feeling, and invite God to be with you.

Ask Him for what you need.

Learn this scripture by heart:

*“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing, and perfect will.”* –Romans 12:2



## Gratitude

### Week 2 – Intentional Actions:

This week, **take notice** of everything around you from the largest to the smallest thing. Notice the things you take for granted. Pay attention to the people — the ones you encounter and also those who affect your life, even though you don’t know them. The ones who provide labor (like the grocery cashier), the ones who provide knowledge (like your teachers), and the ones who support you.

**-Be thankful.** As these things come to mind, thank God for them. Pray for them. Even in the midst of a difficult day, look for the blessings.

Learn this scripture by heart:

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*  
Philippians 4:6-7



## Being Present

### Week 3 – Intentional Actions:

This week, let's take a break from screen time and overthinking. Throughout the day, physically pause and consider, where is your mind living? Is it dwelling in the past, planning the future, or worrying about the "what-ifs"? Is it being overwhelmed by a constant stream of digital content? Be observant of your thoughts and what is happening around you. Be still.

*Breathe.*

Remember that God is with you. Enjoy the peace that comes with a quieter mind.

*“Almost everything will work again if you unplug it for a few minutes, including you.”*  
–Anne Lamott

Learn these scriptures by heart:

*"This is the day the Lord has made. We will rejoice and be glad in it."* –Psalm 118:24

*"Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand."* –Isaiah 41:10

