

# UPGRADE

THINK BETTER // DANNY ANDERSON

Every upgrade will require you to think better.

“This Book of the Law shall not depart from your mouth, but you shall **meditate** on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way **prosperous**, and then you will have good **success**.” *Joshua 1:8*

...but his delight is in the law of the Lord, and on his law he **meditates** day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he **prosperes**. *Psalms 1:2-3*

The quality of your life is determined by the quality of your thoughts.

“A man’s life is what his thoughts make of it.” – Marcus Aurelius

“You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you.” – James Allen

We think.

We feel.

We act.

“Within that ‘thought lifescape’ we make the decisions that determine what we will do and who we will become.”

– Dallas Willard

Guard your **heart** above all else, for it determines the course of your life. *Proverbs 4:23*

“Where the head goes the body follows. Perception precedes action. Right action follows the right perspective.”

– Ryan Holiday

You can choose your thoughts.

Set your **minds** on things above, not on earthly things. *Colossians 3:2*

Do not conform to the pattern of this world, but be **transformed** by the renewing of your mind. *Romans 12:2*

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*

“By deliberately working to improve your mental game you will steadily upgrade every area of your life.” – Tommy Newberry

What thoughts do you need to upgrade?

Current Thought	Upgraded Thought
Life isn’t fair.	Life isn’t fair, but God has the last word.
I am going to fail at this.	Failure is necessary for success.

To further explore and apply this message with your small group, visit [eclife.org/groups](http://eclife.org/groups) to access this week’s group discussion questions.

## EVENTS & OPPORTUNITIES

Full list of events and registration is available at [eclife.org](http://eclife.org)’s EVENTS page

### Outreach Opportunity

Did you know that each Emmanuel Church campus provides items for a local community partner? You can help meet practical needs in the community by picking up a bag at the exit when you leave, filling it with the listed items, and bringing it back the following week.

### Impact Team Night

A time for Impact Team members and those interested in joining the team to connect with each other at your campus, worship together, and hear a word of encouragement. If you’re new, you’ll also have the opportunity to experience Impact 101, designed to help you discover how you are uniquely gifted to make an impact through serving at Emmanuel.

When: Monday, February, 10 at 6:30pm

Current Impact Team Members: Text TEAM to 65248 to register

Interested in Joining the Team: Text 101 to 65248 to register

\*Childcare available.

### VERB

Designed to help 7<sup>th</sup>-12<sup>th</sup> grade students connect with God and with one another, each month’s VERB focuses on a different theme that will help students grow in their relationship with Jesus.

When: Sunday, February 9, 6:00-7:30pm

Where: Greenwood Campus E-Café & Auditorium

### The 1824

Join us for an environment created specifically for young adults: 18\* to 24 years old. Each month, we gather for worship, teaching, and a chance to chat with others facing similar unique life experiences.

When: Thursday, February 20, 7:00pm

Where: Greenwood Campus Fieldhouse

\*18-year-old attendees must be graduated seniors.