

No Stinkin' Thinkin'

13 Days of Devotions

By Natalie Pickett

God wants you to honor Him and yourself with your thoughts.

I've heard it said before that some of us are unable to rise to who we are destined to be, because of what we think/believe about ourselves. If this sounds like you OR if you just want to boost your positive mindset, I challenge you to follow this devotion over the next 13 days. It's quite simple. All you have to do is follow the daily "RTA."

RTA? What's that?

- **R**ead on it: One scripture a day provided in NIV and MSG version.
- **T**hink on it: A daily dose of encouragement related to improving the way you think and react to certain thoughts.
- **A**ct/**P**ray on it: Get ready to apply God's word through a daily challenge (no worries, it's not hard... just rewarding). Some days you will be provided with a task or writing activity (Act). Other days you will be provided with a prayer.

Are you ready to get begin?

Day 1

Read on it:

Romans 12:3 (NIV)

For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

Romans 12:3 (MSG)

I'm speaking to you out of deep gratitude for all that God has given me, and especially as I have responsibilities in relation to you. Living then, as every one of you does, in pure grace, it's important that you not misinterpret yourselves as people who are bringing this goodness to God. No, God brings it all to you. The only accurate way to understand ourselves is by what God is and by what He does for us, not by what we are and what we do for Him.

Think on it:

There is no doubt that you are special in God's eyes. He has created you with abilities, skills, characteristics and a personality like no one else. While the greatness that lies in you should be appreciated and respected by yourself and others, God never wants you to think too highly of yourself. Never forget that it is by His grace that you have accomplished all you have. It is by God's doing that you are where you are. Keep a mindset that causes you to think soberly-always evaluating yourself honestly and remaining prayerful. When you have a mind like this, God will continue to show you favor and work on your behalf.

Pray it out:

Lord, I will never forget that all that I have and have accomplished is because of You. It is because of Your doing I am here and that I will reach the great destiny You have for me. Help me to always remain prayerful and teachable. Let me be woman/man enough to look at my own faults and fix them when needed. Thank You Lord for your favor and your grace. In Jesus name, Amen.

Day 2

Read on it:

Isaiah 26:3 (NIV)

You will keep in perfect peace those whose minds are steadfast because they trust in You.

Isaiah 26:3 (MSG)

People with their minds set on You, you keep completely whole, steady on their feet, because they keep at it and don't quit.

Think on it

Your mind is a battlefield and the enemy uses things like the news, TV, music, relationship issues, your place of work, social media etc. to keep your mind and your thoughts in constant war. It is so easy to focus on the negativity surrounding you because it's constantly put in your face with all the craziness that is going in this world. The good news is that God promises that if you keep your focus on Him, He will keep you in perfect peace.

Act on It

What do you do, where do you go when things get crazy in your life? When you face a season that is chaotic, emotional or rough, what is your first reaction? If it's anger, rage or revenge, I encourage you to take your concerns and cares to God. When the news delivers another story that breaks your heart, go to God. When you feel the need to pour out your pain on social media, I challenge you to pour it out to God instead. Discipline your mind to focus on Him and take everything to Him and He promises to bring you peace.

Day 3

Read on it

Luke 12:29-30 (NIV)

And do not set your heart on what you will eat or drink; do not worry about it. For the pagan world runs after all such things, and your Father knows that you need them.

Luke 12:29-30 (MSG)

What I'm trying to do here is get you to relax, not be so preoccupied with getting so you can respond to God's giving. People who don't know God and the way He works fuss over these things, but you know both God and how He works.

Think on it

Worry is an attack on your mind. It keeps you rehearsing negative events or circumstances that could possibly happen. Too much worry causes an anxious mind. Are you consumed with worry? Are you constantly thinking about if there will be enough money, food, clothes etc.? God is your heavenly Father and knows exactly what you need. He does not want you to waste precious time, exhausting your mind with these types of thoughts. God wants you to trust Him as your Provider and Protector. Keep your mind on Him and doing the things He has purposed for you to do. He is taking care of everything else.

Pray On it

Lord, free me from having an anxious mind. You know what I need and You promised to supply my needs according to your riches in glory. Keep my mind at rest, knowing that You will not let me down. Cause me not to be anxious about anything. Do not allow my mind to rehearse negative events or circumstances. Strengthen my mind to focus on You, and all the ways You have come through before! In Jesus name, amen.

Day 4

Read on it

Romans 12:2 (NIV)

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 (MSG)

Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

Think on it

Renew means to refresh, repair and/or breathe new life into-something that needs to be done each day. The way of this world can cripple your mind into thinking that it's way is perfect and right. To make sure that you don't give into the patterns that this culture exposes you to, you must consistently renew your mind to the things of God. Know what God wants from you. Know what His word says about you. Know God's will for your life so that you can remain on the course design to help you fulfill your destiny. Renewing your mind will keep you focused on God so that He can bring out the very best in you.

Act on it

Are you still stuck on this culture's thoughts regarding any specific area of your life? If so, I challenge you to search the scriptures to receive God's truth. Read over that truth daily to transform your mind from the world's thoughts to the thoughts of God.

Day 5

Read on it

Philippians 2:5 (NIV)

In your relationships with one another, have the same mindset as Christ Jesus:

Philippians 2:5 (MSG)

Think of yourselves the way Christ Jesus thought of himself. While he had equal status with God but didn't think so much of himself that he had to cling to the advantages of that status no matter what. Not at all. When the time came, he set aside the privileges of deity and took on the status of a slave, became human! Having become human, he stayed human. It was an incredibly humbling process. He didn't claim special privileges. Instead, he lived a selfless, obedient life and then died a selfless, obedient death—and the worst kind of death at that—a crucifixion.

Think on it

The most powerful man to ever walk the earth and yet the humblest as well—that's Jesus in a nutshell. Having the same mindset as Christ is having a mind to serve others and a mind of obedience to God. Although Jesus was aware of His strength, He willingly humbled himself, His wants and needs for those He loved, which includes you and me.

Act on it

Do you think with a humble mindset? You know humble, not proud or arrogant? I know that you have amazing abilities and talents. I know that God has favored you to stand out as a light for others to see but He also wants you to be able to embrace your greatness with humility. Today, moving forward be willing to humble yourself for the sake of others. Take a step back at times to give someone else an opportunity to shine. Be grateful for how God has strengthened you but also be willing to serve and know that God had a major hand at bringing you this far.

Day 6

Read on it

2 Timothy 1:7 (NIV)

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

2 Timothy 1:7(MSG)

God doesn't want us to be shy with his gifts, but bold and loving and sensible.

Think on it

God made you strong. Your strength is shown by using your gifts, having courage and having a sound mind. With a sound mind you have good judgement and use self-control. Work to have a mind that is keenly aware. Use your mind to make wise decisions. Be sensible in what you say and what you do because this my friend represents great character and God as well.

Pray on It

Lord, thank You for making me strong. Help me to use good judgement, self-control and be sensible in my thoughts. Show me how to make wise decisions and seek You first. Help me to stop and think things through before I react and respond to situations that I face each day. Guide my thoughts and actions so that they will be pleasing to You. In Jesus name, amen.

Day 7

Read on It

Philippians 4:8 (NIV)

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Philippians 4:8 (MSG)

Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.

Think on It

Isn't it amazing how easily you can think and rehearse all the negative things that are going on in the world and your personal life? I mean, of course you should not be blind to the evil of this world and the challenges you face but a mindset consistently focused on those things will lead you to a dead end, making little to no progress. You will remain stuck in discouragement and if it hasn't already, depression will begin to settle in- and this is exactly what the enemy wants. Remember, you have the choice of what you will think about and the Bible gives explicit instructions on what your thoughts should focus on-the best not the worse. So today, work to switch your focus and watch peace begin to surround you.

Act on it

Take some time this week to write down things that are true, right, pure, lovely, admirable and praise worthy. Write things that pertain to yourself, your loved-ones and things that concern you. Read over your list daily. This is one way to help change your mindset. Oh, and when God gives you other things to add to the list, jot them down!

Day 8

Read on it

Colossians 3:2 (NIV)

Set your minds on things above, not on earthly things.

Colossians 3:2 (MSG)

So, if you're serious about living this new resurrection life with Christ, act like it. Pursue the things over which Christ presides. Don't shuffle along, eyes to the ground, absorbed with the things right in front of you. Look up, and be alert to what is going on around Christ—that's where the action is. See things from his perspective.

Think on it

One thing you've probably noticed from this journey of devotions is that keeping your focus on God is key. Setting your mind on something means to make it your heart's central focus. As a believer, your (our) central focus is Christ. This is not to say that you will neglect your day-to day obligations/activities (please don't lol) but, do not let them take precedence over the things of God such as His word, prayer as well as serving others. Center your thoughts on God and the things that draw you closer to Him.

Pray on it

Lord, help me not to waste my mind on senseless, negative, non-life giving thoughts. Give me the right focus which is You. I do not want to be consumed with things that will take me from You. It's in You that my mind is kept at peace and clarity. As I move throughout the day, taking care of the things I must do, remind me to stop and think of your goodness, guidance and love towards me. In Jesus name, amen.

Day 9

Read on it

2 Timothy 2:7 (NIV)

Reflect on what I am saying, for the Lord will give you insight into all this.

2 Timothy 2:7 (MSG)

Think it over. God will make it all plain.

Think on it

How many times have you made a decision without considering God? Have you had something look so good that you jumped into it without thinking of how it would affect your life and those connected to you? Have you made plans while keeping out of the equation? Two words for you- slow down. As Paul suggested to Timothy in today's scripture (and I love how the MSG Bible states it) Think things over. Don't be so quick to rush into things any longer. Remember, a good mind is a sensible mind and a sensible mind uses sound judgement. Seek God's thoughts towards the decisions and plans you make. He won't lead you wrong.

Act on it

We always have decisions to make, right? There is always something to plan or insight that we need. Whatever these are for you right now, go to God and ask for His thoughts. See what He has to say. Get clarification and direction from Him. And no, the answer may not come today or this week but WAIT because His answer is what's best.

Day 10

Read on it

Psalm 119:15 (NIV)

I mediate on your precepts and consider your ways.

Psalm 119:15 (MSG)

I ponder every morsel of wisdom from you. I attentively watch how you've done it. I relish everything you've told me of life, I won't forget a word of it

Think on it

Mediation: a combination of reviewing, repeating, reflecting, thinking, analyzing, feeling and even enjoying. Mediation involves your whole being. Action and busyness though can limit the moments of reflection that we need. Nowadays, being on the move is valued more than taking time to stop and think. To keep your mind healthy and strong, learn to take time to mediate on God's word. Taking time each day to repeat, reflect and think on scripture and the ways of God will shift and keep your mind into a good and productive place.

Act on it

Do you have a favorite scripture? If so great. If not, that's totally fine. Either way, find a scripture that speaks to you right now. Write it down, repeat it, memorize it- MEDITATE on it. Get it in your heart so you won't forget it.

Day 11

Read on it

2 Corinthians 10:5 [\(NIV\)](#)

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 Corinthians 10: 5 [\(MSG\)](#)

We use our powerful God-tools for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ.

Think on it

The main way the enemy works to kill your purpose and motivation is by attacking your mind. He is deliberate and strategic in the things that he does to discourage you. The thoughts that he plants that end up staying in your mind and just won't leave are called "strongholds." These thoughts work to keep you in a place where you will not grow, develop, achieve or build. These strongholds also keep you from living a life of faith and obedience to God. Knowing God's word allows you to grab a hold of any lies the enemy tries to feed you and speak the truth of God's word to it.

Pray on it

Lord, I pray against the strongholds that the enemy has set up in my mind. With Your help, I will no longer let them keep me stagnant in my purpose, my goals and/or dreams. I pray that you will give me a heart to learn your word so that I can fight back whenever the enemy comes to speak lies to my mind. Help me to live a life full of faith and obedience to your ways. In Jesus name, amen.

Day 12

Read on it

Matthew 22:37 (NIV)

Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.

Matthew 22:37 (MSG)

Jesus said, “Love the Lord your God with all your passion and prayer and intelligence.’

Think on it

God wants all of you-your total devotion that is-undivided, pure and heartfelt. Having the right attitude and disposition of heart is another key to keeping your minds healthy. When you love God, with everything that you have, it will inspire you to obey Him, love others and care for yourself.

Act on it

Is there a part of yourself that you have not given over to God? Can you confidently say that you are loving the Lord with total devotion that is undivided, pure and heartfelt? If you have doubts, go to God in prayer. Ask Him to reveal those areas to you. Once He does (because He will), surrender and devote those areas to Him.

Day 13

Read on it

Psalm 139:17-18 (NIV)

How precious to me are your thoughts, God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand.

Psalm 139: 17-18 (MSG)

Your thoughts—how rare, how beautiful! God, I'll never comprehend them! I couldn't even begin to count them—any more than I could count the sand of the sea.

Think on it

God wants you to know that He is thinking about you. He has great plans for your life. His goal is to have a relationship with you, to protect you and to prosper you. Sometimes you can feel as if no one is thinking about your wellbeing or about the things that concern you. Well, now you know that You can always count on God to have you on His mind. He is very present and always there.

Pray on it

Lord, I am so blessed to know that You are always thinking of me. Forgive me for ever thinking differently. I know that Your thoughts about me are precious, rare and beautiful. Help me to remember that when my mind tries to tell me that no one cares, I will speak this scripture to encourage myself. Thank You Lord for never leaving or forsaking me. In Jesus name, amen.

Have you signed up for my mid-week motivation emails? If not, head on over to <http://www.nataliepickett.com> and do so! We all need a push by midweek 😊

Be blessed!