

Mind Hijackers – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

Make a list of things that have consumed your thoughts when you were trying to do your devotions or worship God.

Day 2

Write down some things you can do to bring about changes in diminishing these things that consume your thoughts. Are there seemingly innocent things you allow yourself to watch or listen to or read that causes your mind to start racing? Are there things that link you to the past that you still have and that bring up memories of sinful lifestyles?

Day 3

Memorize:

1 JOHN 2:15 (NIV)

Do not love the world or anything in the world. If anyone loves the world, the love of the Father is not in him.

Day 4

What are some things you can begin doing, hobbies or activities, that will help you to grow, make your life more interesting, and be healthy? Write them down and spend some time thinking about how you can incorporate healthy activities into your life.

Day 5

LUKE 10:38-42 (NIV)

³⁸As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹She had a sister called Mary, who sat at the Lord's feet listening to what he said. ⁴⁰But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" ⁴¹"Martha, Martha," the Lord answered, "you are worried and upset about many things, ⁴²but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

Answer these questions:

1. According to Jesus in verse 41, what was Martha's problem?
2. What did Jesus give as a solution to that?
3. Did Jesus rebuke Martha for working hard, or for her attitude?
4. What was the "only one thing" that is needed?
5. How can you keep your focus on that "one thing"?