



Thoughtful

Featuring
Ashley Engle

➔ **Session 1: Think Kingdom Thoughts**

Session 2: Think Joyful Thoughts

Session 3: Think Hopeful Thoughts

Session 4: Think Grateful Thoughts

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What are you thinking?

Thoughtful

Session One
Think Kingdom Thoughts

In session one we find ourselves considering what it means to think “Kingdom thoughts.” We’ll explore verses that show us the impact of the Kingdom and discover how an upside-down Kingdom can change our daily thoughts. We’ll navigate out-of-control thoughts and become empowered with tools to take us from earthly thoughts to Kingdom thoughts.

1. What do you spend the most time thinking about on any given day?
2. As we look at this idea of having Kingdom thoughts, we must realize that our thoughts and our emotions go hand and hand. What emotion takes up the most space in your life and why?

Read 1 Corinthians 2:16 ESV

1 Corinthians 2:16 ESV “For who has understood the mind of the Lord so as to instruct him?” But we have the mind of Christ.

3. What does having “the mind of Christ” mean to you?

Ashley told a story about her fireplace not being used for over ten years. She was afraid something was wrong with it and never got around to having it checked out. She recently learned that she could have been using the fireplace all along. This story brings us to a place where we must ask if we have an “unlit fireplace” in our own lives.

4. In what area of your life are you not “lighting the fire” and what is it that’s stopping you?

Read John 14:25-27 ESV

John 14:25-27 ESV “These things I have spoken to you while I am still with you. 26 But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.”

After Jesus ascended to heaven, he sent the Holy Spirit to be with his people to teach them and to remind them of his teachings. He’s always available—just like the fireplace Ashley didn’t light for 10 years. But living in the world is distracting, and we don’t live with an awareness of the Spirit’s light and warmth. It’s no mistake that Jesus says in verse 27, “Peace I leave with you; my peace I give to you. Not as the world gives do I give to you.”

5. At what point in your life have you felt at peace?
6. Write down 1-3 things that distract you from feeling peace.
7. What do you think of when you hear the phrase “the Kingdom of God”?

Let's read Luke 17:20-21 from three different versions.

ESV

20 Being asked by the Pharisees when the kingdom of God would come, he answered them, "The kingdom of God is not coming in ways that can be observed, **21** nor will they say, 'Look, here it is!' or 'There!' for behold, the kingdom of God is in the midst of you."

TPT

20 Jesus was once asked by the Jewish religious leaders, "When will God's kingdom come"? Jesus responded, "God's kingdom does not come simply *by obeying principles* or waiting for signs. **21** The kingdom is not discovered in one place or another, for God's kingdom realm is already expanding within some of you."

MSG

20-21 Jesus, grilled by the Pharisees on when the kingdom of God would come, answered, "The kingdom of God doesn't come by counting the days on the calendar. Nor when someone says, 'Look here!' or, 'There it is!' And why? Because God's kingdom is already among you."

8. What phrase or word stuck out to you the most?

9. As a single mom, how are you encouraged by knowing that the kingdom of God is in the midst of you?

10. As we look at this idea of worrying being an earthly emotion. What is one thing you worry about that takes up the most space in your life and why?

11. What could you do as a single mom to teach your children about thinking Kingdom thoughts?

12. What is one thing you are walking away with from this week?

As you reflect on today's study, take a listen to “Bigger Than I Thought” by Passion Music.

Join us for the next session of **Thoughtful**. In the next session, we'll explore the idea of finding joy in all things. Can we possibly have joy even as we face trials and tribulations? Now that we have discovered Kingdom thoughts it is time to add a little joy into our lives!

To share your thoughts regarding this study, contact us at info@ariseministries.net.

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Ashley and her husband Jeff have three kids: two sons, ages 10 and 12, and one daughter, aged 7. She is a full time seminary student, but in the past has worked in the museum world, in television, as a teacher, and in ministry. In her spare time (should she ever have any), she enjoys reading and writing, eating good food with friends and family, studying the Enneagram, and exploring new places.