



◆ Take one thought at a time, by using the L.O.R.D. response pattern found in Phil. 4:6-9.

**L** – I will LIFT up my heart in PRAISE and THANKS. “with thanksgiving...” (v. 6) cf. Ps. 100:4

*Lord You Are:*

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*I Am Thankful For:*

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*You Have Done:*

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**O** – I will OFFER my humble REQUEST. “...by prayer and supplication...let your requests be made known to God.” (vs. 6)

“Lord, considering this situation, I would like to ask you to”:  
(1. God’s will/glory/help, 2. Others’ well being, 3. My desires):

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**R** – I will RENEW with YOUR TRUTH. “whatever is true, ...honorable, ...right, ...pure, ...lovely, ...admirable, ...excellent, or praise-worthy – *let your mind dwell on these things.*” (v. 8)

“Lord, in this situation I will study what you say about: (commands or teachings related to the topics of the original circumstance or response)”:

*Topic*                      *Scripture*

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“Lord, in this situation I will remember that you promise”:

*Promise*

*Scripture*

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“Lord, in this situation I will recognize, confess, and repent of any sinful/untrue/godless thinking.”

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**MY NEW BIBLICAL THOUGHT**

“Lord, I will *willfully* rehearse this new thought before and at the time that this situation and/or wrong thinking arises again”:

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Is it absolutely factual? Is God and His truth in it? Is it thankful, hopeful, trusting? Is it profitable? Is it God (and others if applicable) focused? Does it glorify God? Is it void of sin, a self-focus, vengeance, discouragement and regret?

**D** – I will DO what is helpful and right. “...practice these things.” (v. 9)

A. “Lord, I will (to help this situation and/or follow through on Scriptural principles) make practical and righteous plans of the things I must DO (be specific and concrete):

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_____	_____
_____	_____
_____	_____
_____	_____

B. “Lord, I will acquire accountability, prayer, and encouragement for these things (if needed) from:

NAME: \_\_\_\_\_

\* It will be very helpful to commit the L.O.R.D response pattern to memory.