

BE - Mindset

Our lives are always moving in the direction of our strongest thoughts! Pause for a moment to let this reality sink in; our lives are always moving in the direction of our strongest thoughts. So, what do you think about? What are your strongest thoughts?

Consider your thoughts and circle the number where your thoughts tend to be:

Worried	1	2	3	4	5	6	7	8	9	10	Peaceful
Negative	1	2	3	4	5	6	7	8	9	10	Positive
Worldly	1	2	3	4	5	6	7	8	9	10	Eternal

Use the CDEF framework to complete a “thought audit” and begin to align your thoughts with the truths of God.

Capture

Our weapons that we fight with aren't human, but instead they are powered by God for the destruction of fortresses. They destroy arguments, and every defense that is raised up to oppose the knowledge of God. They capture every thought to make it obedient to Christ. 2 Corinthians 10:4-5

Be intentional about your thinking and take inventory of your thoughts. What lie is holding you hostage? What mistruth keep you from taking a step of faith? What wrong thought pattern robs you of living a life of freedom and joy?

Consider using a journal or setting specific times throughout the day to stop and reflect. Do what works best for you in order to “capture” your thoughts.

Define

What type of thought is it: worry, shame, selfishness, grief, disgust, lust, anger, contentment, pride, anger, regret, love, sadness, happiness, fear, etc.

Examine

Once you have defined the thought (or action), ask probing questions to get to the motivation or reason for the thought. What is at the heart of the thought? Consider these questions:

- Why am I doing this?
- When did this start?
- How does this make me feel?
- What is driving this thought (fear, longing, a void, etc.)?
- Is there a certain trigger that prompts this behavior?
- What need do I feel this is meeting?
- What is driving my behavior?
- What is the real need I am trying to meet with this thought or action?

Faith Filter

Take time to read God's word and learn the truths of God that counter any thought that is not of God. Here are some examples:

Thought: I'm a victim, nothing good ever happens to me.

God's Truth: If God is for us, who can be against us?...In all these things we are more than conquerors through him who loved us. (Romans 8:31, 37)

Faith Filtered: God tells me that I am no a victim but a victor in Christ. I am an overcomer, and I can do all this through Christ who gives me strength.

Thought: God can't really be trusted. I need to be in control of my own life.

God's Truth: God demonstrates his own love for us in this: While we were still sinners, Christ died for us (Romans 5:8)

Faith Filtered: God loves me more than I love myself. He knows me more than I know myself. He has my best interest in mind, and he can be trusted. If he did not spare his own son, but gave him up for us all – how will he not also, along with him, graciously give us all things? God is good and worthy of my life.

Now write your own:

Thought:

God's Truth:

Faith Filtered:

Thought:

God's Truth:

Faith Filtered: