



*"as each has received a gift, use it to serve one another, as good stewards of God's varied grace... in order that in everything God may be glorified through Jesus Christ" (1 Peter 4:10, 11b)*

# My Heart's Thoughts

Renewing my Mind by Aligning my Thoughts to those of God

*"May your unfailing love come to me, O Lord, your salvation according to your promise; then I will answer the one who taunts me, for I trust in your word. Do not snatch the word of truth from my mouth, for I have put my hope in your laws. I will walk about in freedom, for I have sought out your precepts." Psalm 119:41-43,45*

Topic \_\_\_\_\_ Date \_\_\_\_\_

My Thoughts & Feelings underline any false statements or flawed thinking (i.e., lies)	Truth from God's Word identify the truths that counter the lies identified at the left	My Prayer of Truth in your own words prayerfully express the biblical truths

## Some Possible Starting Points

Our thoughts and feelings sometimes unconsciously follow well-worn paths of falsehood and discouragement. A few generic examples<sup>1</sup> of this kind of “stinkin’ thinkin’” are given below. You *might* find one of these to be a helpful *starting point* for capturing your specific thoughts that currently have free reign in your biblical heart, resulting in heartache and destruction.

However, use these only as a jump-start to reflecting on your own thoughts. They are not a substitute for your own thoughts, nor do they capture the specificity that you need to mine from your own ruminations.

<i>Glass Half Empty</i>	being preoccupied with what is going “wrong” and ignoring how God is working in and through a situation.
<i>Fortune Telling</i>	predisposed to predicting that the future will unfold in a negative way, rather than trusting God.
<i>Mind Reading</i>	irrationally (without sufficient data) believing I know what another person thinks rather than accurately learning their perspective.
<i>Guilt Beatings</i>	excessive use of words such as <i>should</i> , <i>must</i> , <i>ought</i> , or <i>have to</i> that produce false guilt and ignore God's thoughts about these matters.
<i>Pigeon Holing</i>	maintaining a negative characterization of myself or others that distorts God's view of me and others.
<i>Center of Universe</i>	distorting the words and actions of others to take on an inaccurate personal relevance to me.
<i>It's All Your Fault</i>	blaming other people or God for the problems in my life rather than seeing the hand of God in all things.
<i>People Idolizing</i>	compelling need to have someone think well of me and agonizing over specific situations in which I feel I failed to gain their approval.

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<sup>1</sup> Adapted and expanded from, *Magnificent Mind at Any Age*, by Dr. Daniel Amen.