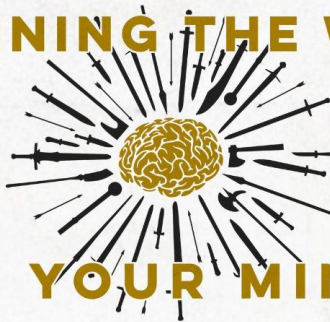


Week 1

WINNING THE WAR



IN YOUR MIND

Practice Guide

This guide is meant to help you take an honest look at your thought life and invite God to bring renewal. It's not a daily devotional, but a practical tool designed for one sitting of reflection, followed by a week of application. As you identify lies, replace them with truth, and practice new patterns, may the Holy Spirit lead you into freedom and transformation.

Step 1: Thought Audit

Circle where you see yourself on each line:

- 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
- Fearful 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Faith-Filled
- Hopeless 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Hopeful
- Insecure 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Secure in Christ
- Self-Focused 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 God-Focused
- Victim 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Overcomer

Which scale stood out to you the most? Why do you think you circled the number you did?

Where do you notice a pattern across your scores? Do most of your answers lean toward one side (fear, negativity, insecurity)?

Are you excited about the direction your thoughts are taking you? Why or why not?

Which area do you most want to see God transform in your mind?

Step 2: Identify the Stronghold

What is the biggest lie or negative thought holding you back? (Examples: "I'm not enough." "God doesn't care." "I'll always fail.")

Challenge: Write down **three lies** you've believed, then choose the one that has the strongest grip on your life. Share that stronghold with your life group, trusted friend, spouse, or mentor so it no longer stays hidden.

My Stronghold 1: _____

My Stronghold 2: _____

My Stronghold 3: _____

Step 3: Name the Truth

Choose a Scripture verse to demolish the stronghold (Examples: Psalm 56:3; Philippians. 4:6-8; 2 Peter 1:3; Psalm 139:14, John 3:30, Hebrews 12:2, Romans 15:13, 2 Timothy 1:7, Colossians 3:2, Ephesians 1:7)

Challenge:

- Memorize your verse this week.
- Rewrite the truth in two ways:

1. A **personal declaration** ("I am fearfully and wonderfully made.")

2. A **God-to-me declaration** ("You are fearfully and wonderfully made.")

Step 4: Create a New Pathway

How will you replace the lie with God's truth this week? (Examples: Speak truth aloud each morning, journal it at lunch, repeat it at bedtime.)

Challenge:

- Each day, record one moment when you noticed the lie creeping in and how you fought back with truth.
- Practice your truth statement **three times daily** (morning, midday, evening).
- Share your truth statement with the person you shared your stronghold with from step 2.

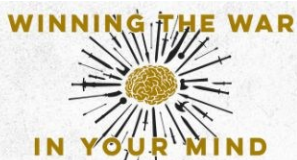
Step 5: Action and Reflection

Each time the lie appears, I will speak my truth statement aloud and pray to surrender the thought to Jesus.

Challenge:

- At the end of the week, review your progress: What changed? Where did you struggle?
 - Share your experience with your life group or a trusted friend as testimony of God's work in your mind.
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We hope this tool has encouraged you to take every thought captive and walk in the truth of God's Word. May His peace guide your thoughts this week.