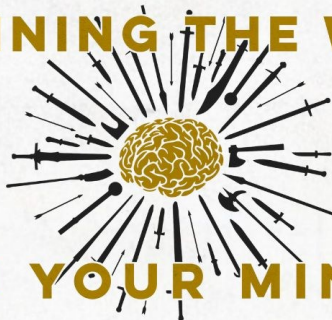


Week 3

WINNING THE WAR

IN YOUR MIND



6-Day Action Plan to Defeat Your Negative Thoughts

This six-day guide is designed to help you renew your mind and see life through God's truth. Each day includes a short **Morning Pre-Frame** to start with the right perspective & an **Evening Reflection** to pause, thank God, & reframe your thoughts. Read the day's verse, complete the prompts honestly, & invite the Holy Spirit to shape your thinking. You can write directly on this sheet or in a journal. Don't rush! Take a few quiet minutes each morning & evening to let God renew your mind.

Day 1 – Reframe the Story

Morning Pre-Frame: "Whatever happens today, I'll look for God's hand in it."

- Write one phrase you'll repeat today when negativity creeps in:
→ "God is with me in this." / "I can't control everything, but I can control how I frame it."
→ _____

Scripture: Philippians 1:12 – *"What has happened to me has actually served to advance the gospel."*

Evening Reflection:

- Where did I have to reframe my thinking today?
- What truth changed how I saw my situation?
- Thank God for what didn't happen or for something small that went right.

Day 2 – Practice Gratitude

Morning Pre-Frame: "Today, I choose to focus on what's right, not just what's wrong."

- List 3 things you're thankful for before the day even begins:

1. _____
2. _____
3. _____

Scripture: 1 Thessalonians 5:18 – *"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."*

Evening Reflection:

- What unexpected blessings did I notice today?
- Thank God for one thing that could have gone wrong but didn't.

Day 3 – Pre-Frame Pressure

Morning Pre-Frame: "When I face pressure today, I won't panic. I'll bring my best and trust God with the rest."

- Think of a moment that usually makes you tense or anxious (meeting, conversation, task).
→ _____
- Decide now how you'll respond differently.
→ _____

Scripture: Romans 12:2 – *"Be transformed by the renewing of your mind."*

Evening Reflection:

- How did I handle pressure today?
- When did I react with faith or fear?
- What lesson or moment of growth can I thank God for today?

Day 4 – Choose the Frame

Morning Pre-Frame: “No matter what happens today, I will interpret life through God’s goodness.”

- Write one truth you’ll hold onto: → “God is still good.” / “He’s working this out for my good.”
- _____

Scripture: Romans 8:28 – *“In all things God works for the good of those who love Him.”*

Evening Reflection:

- What negative thought did I replace with truth today?
 - How did God show His goodness in something ordinary?
-

Day 5 – Look for the Sweet Things

Morning Pre-Frame: “Today, I’ll be a hummingbird — I’ll look for the sweet things God is doing.”

- Ask: *What do I want to look for today — the dead things (negativity) or the living things (God’s goodness)?*
- _____

Scripture: Psalm 27:13 – *“I remain confident of this: I will see the goodness of the Lord in the land of the living.”*

Evening Reflection:

- Write one “sweet” thing God showed you today — something small but meaningful.
- _____

- Who or what helped you see His goodness?
- _____
-

Day 6 – Reframe and Rest

Morning Pre-Frame: “God, I trust You with what I don’t understand. Help me rest in Your goodness.”

- What situation from this week still feels unresolved or frustrating?
- _____

- Reframe it by writing how God *might use it for good*:
- _____
-

Scripture: Philippians 4:8 – *“Whatever is true, whatever is noble, whatever is right, whatever is pure... think about such things.”*

Evening Reflection:

- Review your week: What’s changed in your thinking?
 - What filters did you replace with faith?
 - Thank God for what didn’t happen, and celebrate what did.
-

End-of-Week Reflection

- One thought pattern I reframed this week:
- _____

- One way I saw God’s goodness:
- _____

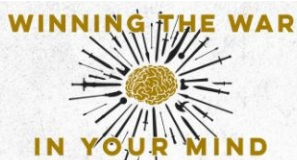
- One step I’ll keep practicing next week:
- _____
-

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Remember—renewing your mind is a daily choice, not a one-time event. Keep turning your mind toward God’s truth, & watch Him continue to reshape your thinking.