

Spring Cleaning Challenge:

Dealing with the Dirt in our Minds

This week we are working through thoughts that are not serving us. They have discouraged us, tormented us and it's time for them to go. Think of an idea that often plagues you that doesn't agree with what God has said about your situation. Write it:

ASSESS YOUR ASSUMPTIONS

What the thoughts that come to your mind related to this idea.

BREAK DOWN YOUR BELIEFS

What are the truths of this situation

What are the lies of the situation

CHALLENGE YOUR THOUGHTS

What does God say about this situation

What will I focus on

What new actions do I need to take as a result of this new focus?
