Podcast Worksheet
Help! My Mind is Driving Me Crazy:
Taking Control of Our Thought Life

Scriptural Texts:
Proverbs 4:23; Isaiah 26:3; Jeremiah 31:3; 2 Corinthians 10:3-5; Philippians 4:8; 19; James 1:5; 1 Peter 2:11; 1 John 3:1

Main Points:

1. When it comes to our relationships, to healing, and to daily living, we have two regular battlegrounds: Our heart and our mind.
2. Many things may influence our thinking, but control of our thoughts belongs to us, alone.
3. Discernment comes from God and Scripture; therefore, we need to pray for this.
4. Reading Scripture daily gives us something to counter the mental attacks.
5. God's Word is powerful, smashing to bits the evil ideas of the world and the enemy.
6. Let TNRPLA guide your thoughts, words that are: true, noble, right, pure, lovely, admirable.
7. Eliminate judgment, gossip, and criticism. It tears people down and discourages them.
8. Our mind is the gatekeeper of our heart, having authority to decide what gets granted access.
9. Sin never leads to true and lasting happiness.
10. Strongholds develop when we allow destructive and sinful thoughts to continue.
11. Any mental agreements made with the enemy to accept his lies need to be broken.
12. Having a peaceful mind is one of Christ's greatest gifts and worth fighting for.

Questions:

1. What is the condition of your thought-life? Does it reflect TNRPLA thoughts and wisdom?

2. If you're reading the Bible daily, congratulations! If not, what false beliefs are keeping you from doing so? What changes are you willing to make now?

3. Describe any mental strongholds that have a grip on you. Verbally renounce these to God.

Prayer of Response:
Lord God, my mind and thoughts have not been where they should be, and I need your help to get them back on track. I know I lack wisdom. Please give me liberal amounts of your wisdom and discernment. Help me successfully fight this battle and make my thoughts more TNRPLA. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to _____

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