Thoughts - Session 1 - Teaching

Definition of Thoughts:

Thoughts ⟶ Feelings ⟶ Reactions

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What did you learn about your thoughts?

Thought Distortions:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.

Circle the distortions you struggle with most.

Do expectations lead you to negative responses?

How can you improve this issue?

Retraining yourself to think positively can pull you out of the negative perpetuating cycle, which leads to _____ if not corrected.

Our _____ become our _____, our _____ become our _____, and our _____ define who we are!

Words of Victimhood VS. Words of Leadership: Has this issue affected you? How?

Words of Victimhood	Words of Leadership

Definition of Esteem -

Rate your Esteem

Poor 1 2 3 4 5 Healthy

Ways to "Train Your Brain"

1.
2.
3.
4.

YOU ARE NOT ALONE!

Please contact us if you have any further questions on this topic!

Thoughts - Session 2 - Biblical Truth

Scripture References:

1 Peter 2:9 -
Psalm 139:13-16 -
Proverbs 31:30 -
2 Corinthians 10:15 -
Exodus 14:14 -

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Our _____ become our _____, our _____ become our _____, and our _____ define who we are!

YOU are chosen and created for a purpose.

Replace the lies with truth. The truth is the Word of God.

Lies from the enemy that we allow my thoughts to entertain	*Take every thought captive with scripture. Flip the Script!*
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•	•
•	•
•	•
•	•

Who's my people?

What am I feeding myself with in all areas?

Spiritual Warfare Books

- Routing Demons by John Eckhardt
- Slaying Dragons by Daniel Kolenda

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Thoughts - Session 3 - Teens

Definition of Thoughts:

Thoughts ⟶ Feelings ⟶ Reactions

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Do you find yourself on the hamster wheel?

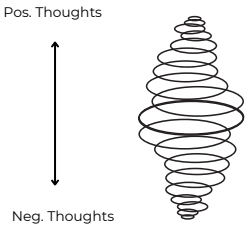
- 1 Peter 2:9
- Psalm 139:14
- 12 Corinthians 10:5
- Mark 6:33

Thought Distortions:

1.
2.
3.
4.
5.
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7.
8.
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10.
11.
12.

Circle the distortions you struggle with most.

Self- Perpetuating Cycle



Do you find yourself thinking more negative or positive in life?

Are there some thoughts you need to lay down in front of Jesus?

Our _____ become our _____, our _____ become our _____, and our _____ define who we are!

Words of Victimhood VS. Words of Leadership: Has this issue affected you? How?

Words of Victimhood	Words of Leadership

Rate the influences in your life:

Poor 1 2 3 4 5 Healthy

Are there some changes you need to make?

Ways to "Train Your Brain"

1.
2.
3.
4.

YOU ARE NOT ALONE!

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