

CROWNED

Winning the Battle for Your Mind

WEEK 1 PARTICIPANT WORKBOOK: WHO TOLD YOU THAT?

THIS WEEK

Recognizing the voice behind the thought | Anchor Scripture: Genesis 3:11

Use this workbook before, during, or after the Facebook Live. Bring your Bible, write honestly, and give yourself permission to slow down with the questions.

Before You Begin

Pray: “Lord, show me anything I have been believing about myself, my future, or my circumstances that does not agree with Your truth.”

What comes to mind?

Read This Week

- Genesis 3:1-11
- John 8:31-44
- John 10:10
- Romans 8:1
- Romans 12:2
- Philippians 4:8

Digging Into Genesis 3

What was the first thing the serpent caused Eve to question?

What words did the serpent use to create doubt?

What changed in Adam and Eve after they believed the enemy rather than God?

Why do you think God's question, "Who told you that?" is so important?

Personal Reflection

One negative belief I have carried about myself is:

I believe this message may have originally come from:

This belief has affected the way I:

When I compare this belief with God's Word, I realize:

Lie vs. Truth Exercise

Lie #1

The thought I keep having:

Who or what taught me to believe this?

What does Scripture say instead?

My new truth declaration:

Lie #2

The thought I keep having:

Who or what taught me to believe this?

What does Scripture say instead?

My new truth declaration:

Lie #3

The thought I keep having:

Who or what taught me to believe this?

What does Scripture say instead?

My new truth declaration:

The Voice Test

When a thought enters your mind, ask:

- Does this draw me toward God or away from God?
- Does it produce conviction or condemnation?
- Does it agree with Scripture?
- Does it produce wisdom or confusion?
- Does it lead me toward faith or deeper fear?
- Does it remind me of God's character or make me question it?

Write about one thought you need to examine using this filter:

Fact vs. Lie vs. Truth

Choose one difficult circumstance you are currently facing.

THE FACT

What is actually happening?

THE LIE

What fear, assumption, or conclusion have you attached to it?

THE TRUTH

What do you know about God even though you do not know the outcome?

Scripture Study: Romans 12:2

What does this verse say causes transformation?

Why do you think God connects transformation with our minds?

What is one thought pattern in your life that needs renewal?

Scripture Study: Philippians 4:8

Paul tells us to think about things that are true, honorable, right, pure, lovely, admirable, excellent, and worthy of praise.

Take one thought you have been struggling with. Does it pass the Philippians 4:8 test? Why or why not?

This Week's Challenge

CATCH IT -> QUESTION IT -> TEST IT -> REPLACE IT

Catch it: What did I just think? | Question it: Who told me that? | Test it: Does this agree with God's Word? | Replace it: What does God say instead?

7-Day Thought Tracker

Day 1

Thought/Lie:

God's Truth:

Day 2

Thought/Lie:

God's Truth:

Day 3

Thought/Lie:

God's Truth:

Day 4

Thought/Lie:

God's Truth:

Day 5

Thought/Lie:

God's Truth:

Day 6

Thought/Lie:

God's Truth:

Day 7

Thought/Lie:

God's Truth:

Discussion & Reflection

Have you ever discovered that something you believed about yourself for years was not actually true?

Whose voice has had the greatest influence on the way you see yourself?

How can you tell the difference between God's conviction and condemnation?

What happens when we repeatedly agree with a negative thought?

What is one lie you are ready to stop agreeing with?

What Scripture can you begin speaking when that thought returns?

Week 1 Declarations

- I will not believe every thought that enters my mind.
- I will test what I think against what God has said.
- I refuse to allow someone else's words to become my identity.
- My mistakes do not get the final word over my life.
- My circumstances do not determine my worth.
- Fear does not get to write my future.
- God's Word is my standard for truth.
- My mind can be renewed.
- My thinking can change.
- I can break agreement with lies I have carried for years.
- I know who I am because I know whose I am.
- I will stand CROWNED.

Personal Prayer

Father, show me where I have believed lies. Show me where fear has sounded like truth. Show me where someone else's words became louder than Yours. I surrender every label that You never gave me. I surrender every thought that tells me I am worthless, hopeless, forgotten, disqualified, or alone. Renew my mind. Teach me to recognize Your voice. Give me discernment when the enemy whispers. Give me courage to challenge thoughts I have believed for years. And when a lie comes, remind me to ask: Who told you that? I choose Your truth. I choose Your Word. I choose to believe what You say about me. In Jesus' name, amen.

Before Next Week

PRACTICE ALL WEEK

CATCH IT -> QUESTION IT -> TEST IT -> REPLACE IT

Next: Week 2 — TAKE IT CAPTIVE: You Don't Have to Believe Everything You Think. 2 Corinthians 10:5