

Mindless Behavior: Winning the War Within

Companion Student Workbook

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How to Use This Workbook

This workbook is designed to help you:

- Deepen your understanding of each week's teaching.
- Reflect on your personal mental and spiritual patterns.
- Apply biblical truths through guided exercises.
- Track your growth over the full 6-week journey.
- Identify strongholds, wounds, thought patterns, and areas of renewal.
- Build disciplined and governed thinking.

Each week includes:

- **Learning Objectives**
 - **Key Scriptures + Breakdown**
 - **Teaching Summary**
 - **Reflection Questions**
 - **Application Exercises**
 - **Declarations for the Week**
 - **Daily Mental Training Tracker**
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WEEK 1 — THE WAR IN THE MIND

Primary Text: Romans 12:2

Learning Objectives

By the end of this week, you will:

- Understand that the mind is the battlefield of your life.

- Identify areas where your thinking has been shaped by the world instead of truth.
- Recognize the daily need for mind renewal.
- Understand how agreement shapes reality.

Key Scriptures

Romans 12:2 — Transformation happens **only** through renewing the mind.

Proverbs 23:7 — Your life moves in the direction of your dominant thoughts.

Genesis 3 — The enemy attacks thinking before behavior.

Teaching Summary

Your mind determines what you believe, expect, tolerate, and pursue. Satan targets your mind because whoever controls your thinking influences your life. Transformation begins internally through renewed thinking—*not* through changed circumstances. Renewal is a daily process of exposure to truth, agreement with truth, and repetition of truth.

Reflection Questions

1. What areas of your life show evidence of “conformed thinking” instead of renewed thinking?

2. What lies or thoughts have you agreed with that may be shaping your reality?

3. Where do you notice confusion or instability in your thinking?

4. How would your life look different if your mind was consistently aligned with truth?

Application Exercises

1. Thought Inventory (Daily Exercise)

List 5 recurring thoughts you experience this week:

- Thought #1:

- Thought #2:

- Thought #3:

- Thought #4:

- Thought #5:

Circle whether each thought is:

- **True** (*aligns with God’s Word*), or
- **Deceptive** (*fear-based, wounded, or limiting*)

2. Truth Replacement Framework

For every deceptive thought, write a biblical truth to replace it.

- Lie: _____
→ Truth: _____
- Lie: _____
→ Truth: _____
- Lie: _____
→ Truth: _____

3. Agreement Analysis

List 3 things you have been agreeing with (mentally) that contradict God’s plan.

1. _____
2. _____
3. _____

Declarations for the Week

Speak aloud *daily*:

- My mind is being renewed.
- My thinking is aligning with truth.
- Confusion is lifting.
- I agree with God, not with fear.

Daily Mental Training Tracker

Check each day you renewed your mind intentionally.

- Mon Tue Wed Thu Fri Sat Sun

WEEK 2 — BREAKING STRONGHOLDS

Primary Text: 2 Corinthians 10:4–5

Learning Objectives

- Understand what a stronghold is and how it forms.
- Identify personal strongholds rooted in past repetition or trauma.
- Learn how to dismantle strongholds through truth.

- Practice taking thoughts captive.

Key Scriptures

2 Corinthians 10:4–5 — Strongholds are dismantled through truth.

John 8:44 — Satan is the father of lies.

Teaching Summary

A stronghold is a fortified pattern of thinking built over time. Lies reinforced through repetition become mental prisons. Strongholds collapse when confronted with truth—*not* willpower. Taking thoughts captive means evaluating every thought and rejecting any that contradict Christ.

Reflection Questions

1. What strongholds have you identified in your life (fear, insecurity, procrastination, shame, etc.)?

2. What repeated experiences or narratives built those strongholds?

3. What arguments (internal reasoning) keep those strongholds alive?

4. What truths directly confront these strongholds?

Application Exercises

1. Stronghold Mapping Worksheet

Stronghold: _____

- Root Experience:

- Reinforcing Thoughts:

- Truth That Breaks It:

2. Captivity Challenge (Daily)

For 7 days, write one thought that appeared and note:

- Source (God, fear, past wound, enemy)
- Action (Accept / Reject / Replace)

Declarations for the Week

- Strongholds are breaking off my mind.
- I reject lies and embrace truth.
- My mind is becoming free.

Daily Thought-Captivity Tracker

- Mon Tue Wed Thu Fri Sat Sun

WEEK 3 — HEALING THE WOUNDED MIND

Primary Text: Ephesians 4:22–24

Learning Objectives

- Identify wounds that have shaped your thinking.
- Understand how trauma reprograms perception.
- Learn how the Holy Spirit heals the mind.
- Break agreements formed from wounded experiences.

Key Scriptures

Proverbs 4:23 — Wounds shape the boundaries of your life.

Psalms 147:3 — God heals emotional and mental wounds.

Teaching Summary

The mind reorganizes itself around pain to survive. Wounds create internal agreements like “I’m not safe” or “I’m not enough.” Trauma shapes expectations and identity until truth intervenes. Healing happens when the Holy Spirit rewrites the internal narrative.

Reflection Questions

1. What past experiences wounded your perception of yourself or others?

2. What defensive thought patterns formed as a result?

3. What agreements did you adopt during moments of pain?

4. What would healed thinking look like in these areas?

Application Exercises

1. Wound Identification Journal

Wound/Event:

- How it shaped your thinking:

- Agreement formed:

2. Healing Declaration Practice

Write your own healing truth for each wound.

Declarations for the Week

- God is healing every wounded place in my mind.
- Old agreements are breaking.
- My identity is being restored.

Daily Healing Reflection Tracker

- **Mon** **Tue** **Wed** **Thu** **Fri** **Sat** **Sun**

WEEK 4 — DEVELOPING A DISCIPLINED MIND

Primary Text: Colossians 3:2

Learning Objectives

- Train your mind to focus intentionally.
- Build habits that reinforce disciplined thinking.
- Overcome distraction.
- Learn thought-selection as a spiritual discipline.

Key Scriptures

Philippians 4:8 — Choose your thoughts intentionally.

James 1:8 — A double-minded person is unstable.

Teaching Summary

A disciplined mind does not drift. It is intentionally set. Discipline is built through repetition, redirection, and consistent exposure to truth. Distraction weakens discipline, but focus strengthens authority.

Reflection Questions

1. What distractions pull your mind away from alignment?

2. Where does your focus drift most often?

3. What habits weaken your discipline?

4. What patterns of thought are strengthening you?

Application Exercises

1. Focus Training Exercise

Each morning: write your “Focus Word/Scripture of the Day.”

2. Distraction Audit

List top 5 distraction sources and the boundaries you will implement.

Declarations for the Week

- My focus is strengthening.
- My mind is disciplined and governed.
- I reject distraction and embrace alignment.

Daily Discipline Tracker

- **Mon** **Tue** **Wed** **Thu** **Fri** **Sat** **Sun**
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WEEK 5 — AUTHORITY & THE RENEWED MIND

Primary Text: Romans 8:6

Learning Objectives

- Understand your God-given authority.
- Identify thinking that weakens authority.
- Learn to walk in daily mental dominion.

Key Scriptures

Luke 10:19 — Jesus *gave* you authority.

Ephesians 2:6 — You are seated in heavenly authority.

Teaching Summary

Authority begins internally. You cannot walk in dominion with a defeated mindset. Mental agreement with truth activates spiritual authority. Passivity weakens authority, but conviction strengthens it.

Reflection Questions

1. Where has fear canceled out your authority before you even acted?

2. What thoughts weaken your confidence?

3. What does “walking in authority” look like in your daily life?

Application Exercises

1. Authority Alignment Worksheet

I possess authority in Christ. Where do I need to align?

- Area #1:

- Truth that governs it:

- Area #2:

- Truth that governs it:

- Area #3:

- Truth that governs it:

2. Confidence Builder

Write 3 victories from your past that prove God works through you.

Declarations for the Week

- My authority is activated.
- I walk in dominion.
- I reject every thought that weakens my identity.

Daily Authority Practice Tracker

- Mon Tue Wed Thu Fri Sat Sun

WEEK 6 — LIVING WITH A GOVERNED MIND

Primary Text: Isaiah 26:3

Learning Objectives

- Live in sustained mental peace.
- Maintain long-term mental governance.
- Protect your destiny through ongoing alignment.

Key Scriptures

Philippians 2:5 — You have the mind of Christ.

Proverbs 4:23 — Guarding your mind guards your future.

Teaching Summary

A governed mind is stable, consistent, and anchored. Governance is the culmination of healing, discipline, and authority. The governed mind experiences permanent peace and sustained identity alignment.

Reflection Questions

1. What does a governed mind look like in your daily habits?

2. What boundaries will you maintain to protect mental governance?

3. What evidence of permanent peace have you begun to notice?

4. What changes do you commit to sustaining long-term?

Application Exercises

1. Governance Lifestyle Plan

List the habits you will maintain to secure a governed mind:

- Morning Routine:

- Thought Checks:

- Truth Exposure:

- Emotional Boundaries:

2. Peace Assessment

Rate your peace level daily (1–10) and note what influenced it.

LEVEL 1 — Severe Turbulence / Distress

Indicators:

- Overwhelmed mentally or emotionally
- Racing thoughts, panic, or high anxiety
- Feeling spiritually disconnected or mentally “under attack”
- Easily triggered; difficulty concentrating

Typical Influences: Crisis, fear, conflict, exhaustion

LEVEL 2 — High Anxiety / Internal Chaos

Indicators:

- Strong emotional disturbances
- Thoughts feel loud and intrusive
- Inner tension or frustration
- Struggling to stabilize thinking

Typical Influences: Stress buildup, unresolved conflict, fear-based thinking

LEVEL 3 — Noticeable Instability

Indicators:

- Peace comes and goes quickly
- Easily irritated
- Difficulty focusing on truth
- Mind drifts toward worst-case scenarios

Typical Influences: Overthinking, insecurity, external pressure

LEVEL 4 — Uneasy / Low Peace

Indicators:

- Mild anxiety or unsettledness
- Internal tension lingering beneath the surface
- Difficulty staying present
- Worry influencing decisions

Typical Influences: Negative conversations, deadlines, uncertainty

LEVEL 5 — Neutral / Mixed Peace

Indicators:

- Some peace but inconsistent
- Mind feels “busy” but not overwhelmed
- Can function, but not grounded
- Needs intentional truth alignment

Typical Influences: Busyness, lack of rest, minor frustrations

LEVEL 6 — Mild Peace / Manageable Thoughts

Indicators:

- Generally calm but easily pulled off balance
- Internal stillness is present but fragile
- Able to adjust perspective with effort

Typical Influences: Light stress, distractions, moderate pressure

LEVEL 7 — Stable Peace

Indicators:

- Steady internal calm
- Thought life largely aligned with truth
- Emotionally steady even with some pressure
- Able to redirect negative thinking quickly

Typical Influences: Healthy boundaries, rest, prayer, focus

LEVEL 8 — Strong Peace / Clarity

Indicators:

- Clear mind, emotionally grounded
- Decisions come from truth, not fear
- Internal confidence and centeredness

- High resilience against distractions

Typical Influences: Effective routines, worship, scripture meditation

LEVEL 9 — Deep Peace / Governed Mind

Indicators:

- Strong internal stability
- Difficult to unsettle mentally
- Operating from authority and clarity
- Emotions and thoughts fully aligned with truth

Typical Influences: Strong spiritual alignment, intentional renewal

LEVEL 10 — Perfect Peace / Unshakable Stability

Indicators:

- Deep, sustained calm regardless of circumstances
- Unwavering trust in God
- Governed, anchored thinking
- Identity, emotions, and thoughts fully aligned

Typical Influences: Deep spiritual connection, rest, inner wholeness

How To Use the Scale

Each day you will:

1. **Choose a number that best describes the condition of your mind**
2. **Identify influences** that contributed
3. **Record truths you agreed with**
4. **Record lies you rejected**
5. **Set a simple intention** to increase tomorrow's peace

This produces:

- measurable growth
- awareness of mental triggers
- recognition of thought patterns
- clarity on how renewal is progressing

DAY 1 — Peace Assessment

Peace Level (1-10): _____

Internal Influences:

External Influences:

Truth I Agreed With Today:

Lies I Had to Reject:

Course Correction for Tomorrow:

DAY 2 — Peace Assessment

Peace Level (1-10): _____

Internal Influences:

External Influences:

Truth I Agreed With Today:

Lies I Had to Reject:

Course Correction for Tomorrow:

DAY 3 — Peace Assessment

Peace Level (1-10): _____

Internal Influences:

External Influences:

Truth I Agreed With Today:

Lies I Had to Reject:

Course Correction for Tomorrow:

DAY 4 — Peace Assessment

Peace Level (1-10): _____

Internal Influences:

External Influences:

Truth I Agreed With Today:

Lies I Had to Reject:

Course Correction for Tomorrow:

DAY 5 — Peace Assessment

Peace Level (1-10): _____

Internal Influences:

External Influences:

Truth I Agreed With Today:

Lies I Had to Reject:

Course Correction for Tomorrow:

DAY 6 — Peace Assessment

Peace Level (1-10): _____

Internal Influences:

External Influences:

Truth I Agreed With Today:

Lies I Had to Reject:

Course Correction for Tomorrow:

DAY 7 — Peace Assessment

Peace Level (1-10): _____

Internal Influences:

External Influences:

Truth I Agreed With Today:

Lies I Had to Reject:

Course Correction for Tomorrow:

Declarations for the Week

- My mind is governed.
- Peace is my permanent reality.
- I live in alignment with truth.
- My future is secure because my mind is stable.

Daily Governance Tracker

- **Mon** **Tue** **Wed** **Thu** **Fri** **Sat** **Sun**
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FINAL ACTIVATION — THE PERMANENTLY GOVERNED MIND

Completion Reflection

Answer these after the 6-week journey:

1. What has changed in your thinking?

2. What strongholds have been dismantled?

3. What wounds have been healed?

4. What new truths now govern your mind?

5. What evidence of authority is showing in your life?

6. How has peace become more consistent?

Final Declarations

- I have the mind of Christ.
- My mind is healed, renewed, disciplined, and governed.
- I reject lies and embrace truth.
- I walk in clarity, power, stability, and authority.
- My life reflects a governed mind.

CERTIFICATE OF COMPLETION

Congratulations! You have completed the **Mindless Behavior: Winning the War Within 6-Week Mental Transformation Journey.**

Name: _____ **Date:** _____ **Instructor:** _____