

Renew Your Mind

W O R K B O O K

LIFE SKILLS FROM PSYCHOLOGY BACKED BY
BIBLICAL TRUTHS - FOR ANXIETY & DEPRESSION



V.T. ONG

How to Overcome *Mood Challenges*

1

Maintain a Healthy Physical Lifestyle

Exercise regularly, eat well, and prioritize sleep to boost mood and overall well-being, reducing the risk of mood issues. These habits release endorphins and promote physical and mental health.

2

Develop Coping Techniques

Negative thought patterns fuel anxiety and depression, but Scripture teaches us to renew our minds and align our thinking with truth. Challenge distorted thinking and replace it with God's promises.



3

Connect with Others

Cultivate meaningful relationships and engage in social activities to combat loneliness. Spending time with loved ones and participating in group hobbies fosters a sense of belonging and provides emotional support.

4

Seek Professional Help if Needed

Don't hesitate to reach out to a therapist or counselor for additional support. Professional help can provide guidance and strategies to manage mood disorders effectively, improving overall well-being.

Rewire Your *Thought Patterns*

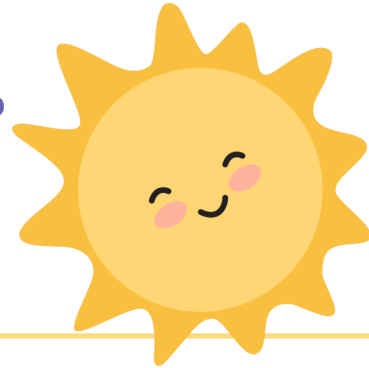
Just as psychology teaches us to challenge **cognitive distortions**, Scripture calls us to **renew our minds** and **take every thought captive to Christ** (2 Corinthians 10:5).

Our minds are powerful, and the thoughts we entertain shape our emotions, decisions, and actions. Focus on identifying negative thoughts that do not align with God's truth and replace them with Biblical wisdom.

Rewire Your Thought Patterns

OLD BELIEFS

TRY THESE INSTEAD



I'm fearful.

I am the overcomer & despite walking on my path feeling fearful, there's no challenge I'll face alone because God is with me. God does not give me a spirit of fear, but of power and of love and of a sound mind. (2 Timothy 1:7)

I can't stop worrying.

Jesus does not want me to be anxious about anything. He told us not to let our hearts be troubled. The Bible tells me that in every situation, I can redirect my focus from worry to worship. I will pray to God, tell Him my concerns, and thank Him for being there for me. And then the peace of God, which transcends all understanding, will guard my heart and my mind in Christ Jesus. (Philippians 4:6–7) Therefore, I can stop worrying & will start living life to the fullest & enjoy every moment of it

I'm feeling defeated.

No, I am more than a conqueror through Jesus who loves me. (Romans 8:37, NIV) I'm not fighting for victory—I'm fighting from victory because my current struggle is not the final word—God already declared me victorious. Defeat is a feeling, not my identity. I'm feeling the toughness building up inside me that will enable me to conquer the defeated state I'm currently in; I'm bouncing back stronger than ever.

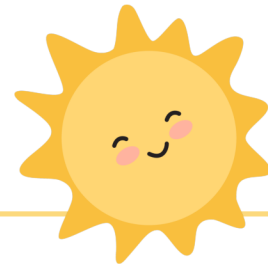
Rewire Your *Thought Patterns*

- 1 Write down a recurring negative thought.
- 2 Find a Bible verse that speaks truth against it.
- 3 Repeat that Scripture in prayer whenever the thought returns.



OLD BELIEFS

TRY THESE INSTEAD



Rewire Your *Thought Patterns*

Negative thoughts often come in patterns that distort reality and impact our emotions and behaviors. These are called **cognitive distortions** in CBT.

Here are some common ones, along with their Biblical counterpoints:

1 All-or-Nothing Thinking (Black-and-White Thinking)

- ✓ Example: "If I don't succeed perfectly, I'm a failure."
- ✓ Biblical Truth: "My grace is sufficient for you, for my power is made perfect in weakness." (2 Corinthians 12:9)
- ✓ Correction: God works through your weaknesses!

2 Catastrophizing (Expecting the Worst)

- ✓ Example: "Everything is falling apart. I'll never recover from this!"
- ✓ Biblical Truth: "And we know that in all things God works for the good of those who love him." (Romans 8:28)
- ✓ Correction: Even in trials, God is working things for your good.

3 Mental Filtering (Focusing Only on the Negative)

- ✓ Example: "I only see my failures. I never do anything right."
- ✓ Biblical Truth: "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure...think about such things." (Philippians 4:8)
- ✓ Correction: Shift your focus to God's blessings and the good in your life.

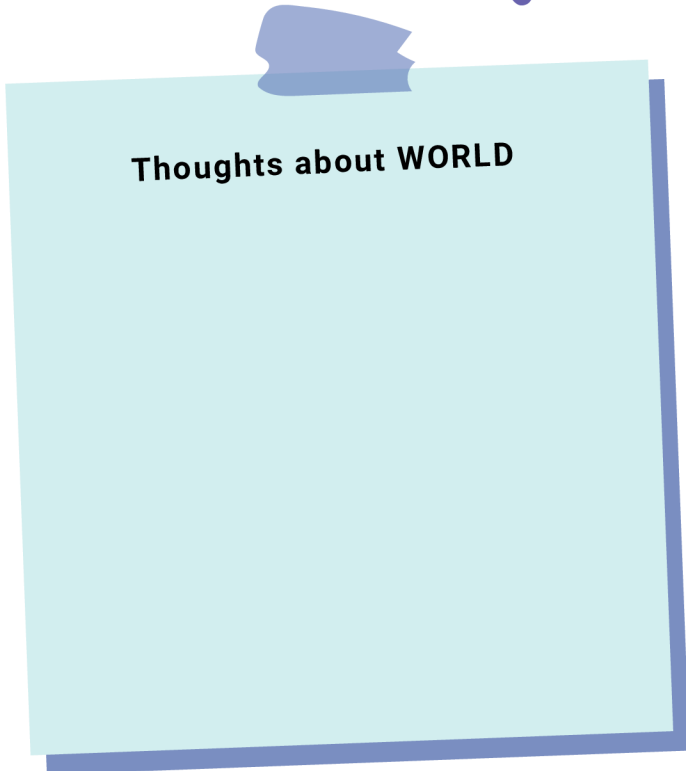
4 Labeling (Defining Yourself by One Mistake)

- ✓ Example: "I'm such a failure. I'll never be good enough."
- ✓ Biblical Truth: "See what great love the Father has lavished on us, that we should be called children of God!" (1 John 3:1)
- ✓ Correction: Your identity is in Christ, not in your past mistakes.

5 Emotional Reasoning (Believing Feelings = Truth)

- ✓ Example: "I feel unloved, so I must be unlovable."
- ✓ Biblical Truth: "Nothing can separate us from the love of God." (Romans 8:38-39)
- ✓ Correction: Feelings are real, but they are not always true—God's love is constant!

Rewire Your *Thought Patterns*



Thoughts about **WORLD**



Thoughts about **FUTURE**



Thoughts about **MYSELF**



Thoughts about **OTHERS**

Rewire Your *Thought Patterns*

Changing thought patterns takes time, but God's Word is powerful in transforming our minds.

Daily renewal involves:

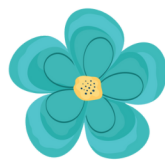
- **Reading Scripture regularly** – Filling your mind with truth (Psalm 119:105).
- **Journaling** thoughts and replacing lies with God's Word.
- **Praying** for wisdom and a renewed mind (James 1:5).
- **Seeking Christian support** – Surrounding yourself with people who speak God's truth over you (Proverbs 27:17).

Rewire Your Thought Patterns

Encouragement: God's Truth Sets You Free

"Then you will know the truth, and the truth will set you free." (John 8:32)

God desires for you to walk in freedom—freedom from negative thinking, self-doubt, and lies that keep you stuck. As you learn to identify distorted thoughts and replace them with His truth, you will experience transformation and healing.



Prayer for Renewing the Mind:

"Father, I ask You to help me recognize the lies I have believed. Fill my heart and mind with Your truth, and teach me to see myself and my circumstances through Your eyes. Renew my mind daily and lead me into the freedom You have promised. In Jesus' name, Amen."

Let's take every thought captive and renew our minds through Christ.

Keep Learning And *Growing*

My Reaction

What Happened

Better Coping Strategy

My Reaction

What Happened

Better Coping Strategy

My Reaction

What Happened

Better Coping Strategy

STOP *Technique*

S

Stop.

When you start feeling anxious or overwhelmed, take a moment to pause and step away from what you're doing or thinking.

T

Take a deep breath.

Inhale slowly through your nose and exhale slowly through your mouth. Repeat several times.

O

Observe.

Pay attention to what's happening in your body and mind. Acknowledge the feelings and thoughts you're experiencing. Ask God for help.

P

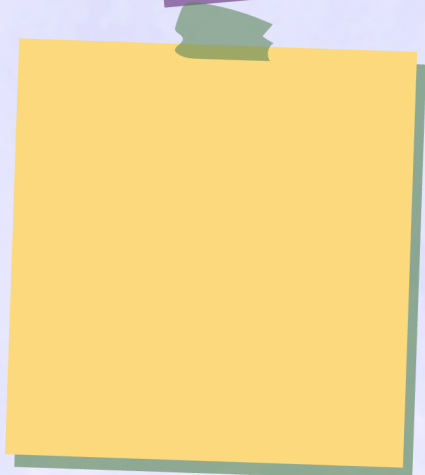
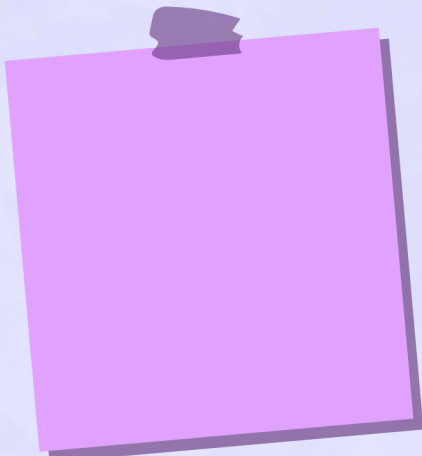
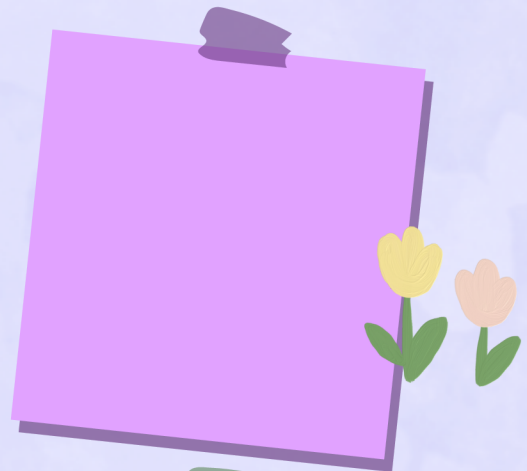
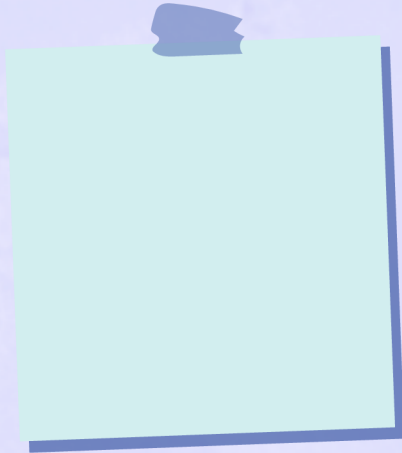
Proceed.

Choose how you would like to proceed, focusing on activities or thoughts that make you calm and happy.



Things I Love *About Myself*

List qualities or traits about yourself that you appreciate, and express gratitude to God.



Personal Mission Statement

List three people you admire and the traits they possess that you find important.

Person

Traits

Name 3 values that define you

1.

2.

3.

Write down 3 most important things you want to accomplish

1.

2.

3.

Imagine who you want to become and how you want to be remembered. Write down your vision