



REFLECTIONS FOR THE RESCUE

CHAPTER 23: THE MONSTER IN YOUR MIND ACTION PLAN

RESPOND:

- The next time you struggle with entertaining a destructive thought, search for a Scripture on that topic that will shine the light of truth on the monster in your mind. Keep a running list of Scriptures and build your "truth bank" - true thoughts that replace the false ones.
- Plan a good time and place to regularly get your thought out of your head. Write them down or share them with a friend, but examine your thoughts regularly.

REFLECT:

What thoughts do you have that steal your hope, your joy, or your motivation?

Do you typically entertain those thoughts or fight back with truth? Why?

What is one favorite truth from Scripture that gives you hope, stir up joy, or motivates you to you?