

RIGHT THINKING

Journaling Kit

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-his good, pleasing and perfect will.

Romans 12:2



Human beings are trained from birth how to think wrong. We are taught worldly justification for our thoughts, feelings, actions, etc. We are taught to depend on other humans to meet our needs. We are taught that our self worth is determined by our accomplishments and the way other humans view & treat us. The journey to reteach ourselves how to do life can be a struggle, but the benefits far outweigh the work that goes into it.

The truth is the world teaches us to go it alone, fighting every battle without an army to back us up, so that we can claim all the glory for the win that never comes. With right thinking we are fighting a war with the biggest strongest most fully equipped army to ever exist. We have every weapon we will ever need to take on whatever comes at us right at our fingertips. We have the commander and chief holding our hand, telling us what to do and when, encouraging us through it all, training us up to be just like him, and the reward of the win promised to us. All we have to do is be willing. We must be willing to listen, willing to put on the armor, willing to pick up the weapons, willing to try, willing to admit to and learn from our mistakes, willing to trust the commander, and willing to accept help.

This retraining will not happen overnight, and will most definitely have it's struggles, but the benefits will far outweigh the hardships. You didn't learn to walk in a day. You didn't learn how to communicate in a week. Everything you have learned in life took time and lots of practice, even the wrong way of thinking. It's time to retrain your brain into the right way of thinking.

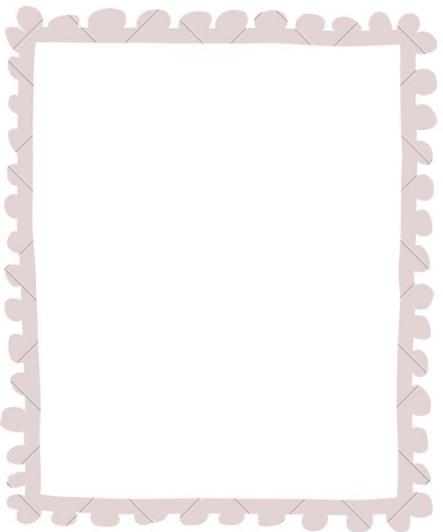
Understanding that you are literally a newborn in the ways of right thinking is the first step. Your brain is hardwired to react with opposition to right thinking thanks to years of wrong thinking and experiences to solidify those responses. Those wrong responses have become a natural reaction and take no thought at all to come out. In order to stop this from happening we have to put in some effort.

When we first learn to walk no one expects us to just take off and win a marathon. Begin by realizing that setting any expectations for yourself are a form of wrong thinking. Expectations are just opportunities for disappointments. Don't bite off more than you can chew at first. Take 5 minutes, 5 days a week to be in your journal. Remember, you and only you are responsible for you and only you. Let that Freedom sink in!

SELF PRAYER FOR THE WEEK

DATE:-----

JOY JAR



NOTES

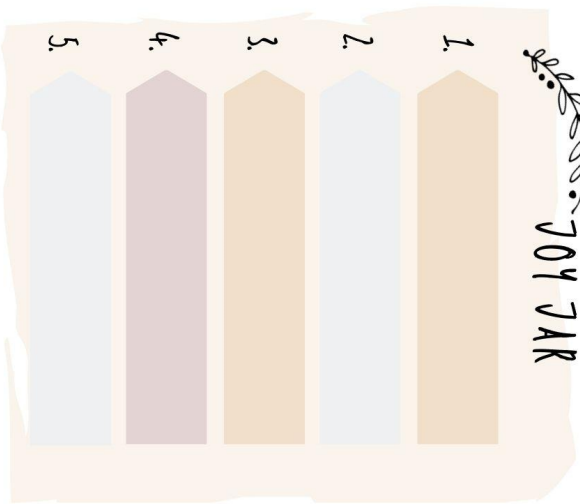


SPOUSE PRAYER FOR THE WEEK

THE LIE:

REPLACE

THE TRUTH:



Start each “lesson” by taking a deep breath before reading the “Self Prayer for the Week”

JOY JAR: Add something you are grateful for each day.

REPLACE:

DAY 1- choose a truth card and write that in the “The Truth” space.

DAY 2- read the scripture on that truth card.

DAY 3- THINK! What lie have you been believing that is the opposite of

“The Truth”? Write it in the “The Lie” section

DAY 4- OWN THE TRUTH! Ask God’s forgiveness for believing “The Lie” and thank Him for “the Truth”

DAY 5- Speak the truth out loud 3 times, and reread the verse on the truth card.

NOTES: What are your thoughts?

Finish each “lesson” by taking a deep breath again and reading the

“Spouse Prayer For the Week”

SELF PRAYER FOR THE WEEK

DATE:-----

Lord help me to love you
first, with all my heart,
and with all my soul, and
with all my mind.

Mathew 22:37



NOTES

JOY JAR

1.

2.

3.

4.

5.

THE LIE:

REPLACE

THE TRUTH:

SPOUSE PRAYER FOR THE WEEK

Pray that your husband would put his relationship with God above all other relationships, including yours. Pray he would have a burning desire to know the Lord more closely and surrender all of his life to God.

SELF PRAYER FOR THE WEEK

DATE:-----

JOY JAR

Lord help me to be content no matter the circumstances. Help me to trust you to meet ALL of my needs.

Philippians 4:11



NOTES

THE LIE:

REPLACE

THE TRUTH:

SPOUSE PRAYER FOR THE WEEK

Pray he would be deeply rooted in the Word, that he would bear much fruit for the kingdom of God. Pray he would grow into a leader in his church, family and community, and lead others to a stronger relationship with Christ by his example.

SELF PRAYER FOR THE WEEK

DATE:-----

Lord let me not be jealous,
boastful, or self-seeking.
Help me to be patient &
kind and put my trust in
YOU.

1 Corinthians 13: 4-8



NOTES



JOY JAR

1.

2.

3.

4.

5.

THE LIE:

REPLACE

THE TRUTH:

SPOUSE PRAYER FOR THE WEEK



Pray that God would bless the work of his hands, that he would enjoy
his work, and see God glorified in all facets of his job. Pray he would not
make an idol or identity out of his work. When his work is toilsome, pray
for endurance and perspective.

SELF PRAYER FOR THE WEEK

DATE:-----



JOY JAR

Lord enable me to be quick
to hear, slow to speak,
and slow to become angry.

Help me to see others
through your eyes.

James 1:19



NOTES

THE LIE:

REPLACE

1.
2.
3.
4.
5.

THE TRUTH:

SPOUSE PRAYER FOR THE WEEK



Pray God would grow his friendships with other men. Pray that God would
bring godly men into his life to form close bonds with, men who would
lead him closer to God and not away.

*I am a child
of GOD!*

John 1:12



*I am a child
of GOD!*

John 1:12



*I am a child
of GOD!*

John 1:12



*I am a child
of GOD!*

John 1:12



*I am a child
of GOD!*

John 1:12



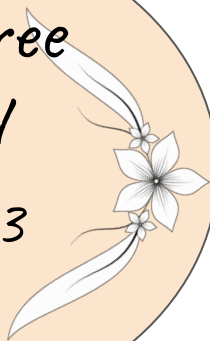
*I am a child
of GOD!*

John 1:12



*I am set free
by Truth!*

John 8:31-33



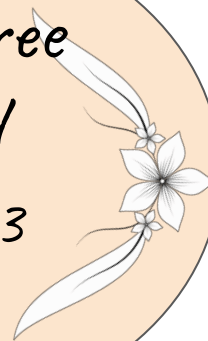
*I am set free
by Truth!*

John 8:31-33



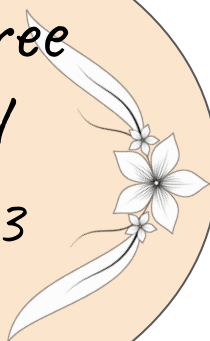
*I am set free
by Truth!*

John 8:31-33



*I am set free
by Truth!*

John 8:31-33



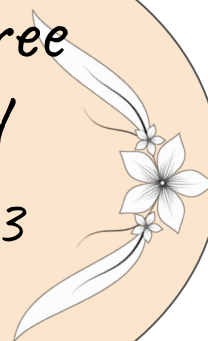
*I am set free
by Truth!*

John 8:31-33



*I am set free
by Truth!*

John 8:31-33



*My needs are
met by GOD!*



Philippians 4:19

*My needs are
met by GOD!*



Philippians 4:19

*My needs are
met by GOD!*



Philippians 4:19

*My needs are
met by GOD!*



Philippians 4:19

*My needs are
met by GOD!*



Philippians 4:19

*My needs are
met by GOD!*



Philippians 4:19



*I have been
given a spirit of
power, love, &
self-discipline!*

2 Tim. 1:7



*I have been
given a spirit of
power, love, &
self-discipline!*

2 Tim. 1:7



*I have been
given a spirit of
power, love, &
self-discipline!*

2 Tim. 1:7



*I have been
given a spirit of
power, love, &
self-discipline!*

2 Tim. 1:7



*I have been
given a spirit of
power, love, &
self-discipline!*

2 Tim. 1:7



*I have been
given a spirit of
power, love, &
self-discipline!*

2 Tim. 1:7

*I can Speak the
Truth in Love!*



Ephesians 4:15

*I can Speak the
Truth in Love!*



Ephesians 4:15

*I can Speak the
Truth in Love!*



Ephesians 4:15

*I can Speak the
Truth in Love!*



Ephesians 4:15

*I can Speak the
Truth in Love!*



Ephesians 4:15

*I can Speak the
Truth in Love!*



Ephesians 4:15



*I am assured that
all things are
working together
for good!*

Romans 8:28



*I am assured that
all things are
working together
for good!*

Romans 8:28



*I am assured that
all things are
working together
for good!*

Romans 8:28



*I am assured that
all things are
working together
for good!*

Romans 8:28



*I am assured that
all things are
working together
for good!*

Romans 8:28



*I am assured that
all things are
working together
for good!*

Romans 8:28

*I have nothing
to fear!*



Psalms 34:4-5

*I have nothing
to fear!*



Psalms 34:4-5

*I have nothing
to fear!*



Psalms 34:4-5

*I have nothing
to fear!*



Psalms 34:4-5

*I have nothing
to fear!*



Psalms 34:4-5

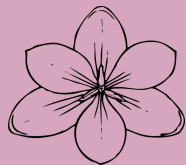
*I have nothing
to fear!*



Psalms 34:4-5

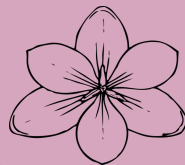
*I have an
important purpose!*

Genesis 2:18



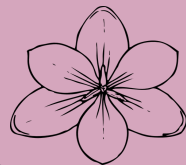
*I have an
important purpose!*

Genesis 2:18



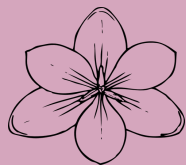
*I have an
important purpose!*

Genesis 2:18



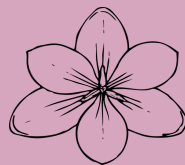
*I have an
important purpose!*

Genesis 2:18



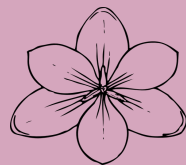
*I have an
important purpose!*

Genesis 2:18



*I have an
important purpose!*

Genesis 2:18



SELF PRAYER FOR THE WEEK

DATE:-----

JOY JAR

1.

2.

3.

4.

5.



NOTES

REPLACE

THE LIE:

THE TRUTH:

SPOUSE PRAYER FOR THE WEEK



SELF PRAYER FOR THE WEEK

DATE:-----

JOY JAR

1.

2.

3.

4.

5.



NOTES

REPLACE

THE LIE:

THE TRUTH:

SPOUSE PRAYER FOR THE WEEK



SELF PRAYER FOR THE WEEK

DATE:-----

JOY JAR

1.

2.

3.

4.

5.



NOTES

REPLACE

THE LIE:

THE TRUTH:

SPOUSE PRAYER FOR THE WEEK

SELF PRAYER FOR THE WEEK

DATE:-----

JOY JAR

1.

2.

3.

4.

5.



NOTES

REPLACE

THE LIE:

THE TRUTH:

SPOUSE PRAYER FOR THE WEEK