

Thought Renewal Worksheet

What happened?

What am I wanting, thinking and feeling? (Pick one major thought/belief/desire)

RESPONSE to and AWARENESS of God (what can I rejoice in the Lord about? How encouraging is it to your faith to know the Lord is with you in this situation?)

What can I PRAY and be thankful for in light of this thought? (Is there anything I need to confess?)

What scriptures will help me with this thought/desire?

Now, what can I BE DWELLING ON about this situation that is loving (to both God and others) true, thankful, hopeful, and God-glorifying in light of the Gospel of Jesus Christ? (The Renewed Thought is...)

What can I DO with this renewed thought (with Spirit's help) to honor and obey the Lord & serve others with my affections, mind and actions?