

Romans 12:2 says this: “Be transformed by the renewing of your mind.”

The renewing of your mind is an intentional effort that takes diligence and practice, but when given dedicated consistent practice, you can change your responses to create peace and vision for your future.

Proverbs 23:7 says: “As a man thinks in his heart so shall he be.”

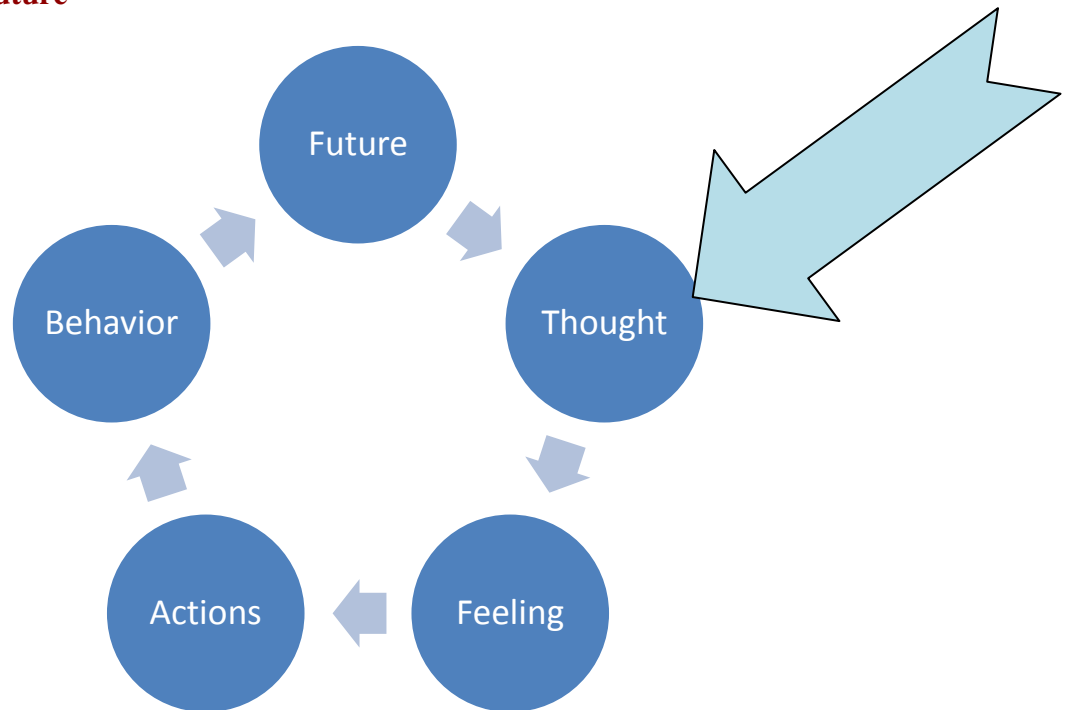
In other words...

Thoughts create feelings

Feelings create actions

Actions create behavior

Behavior creates future



If you want to change your future, you have to change your behavior/habits

If you want to change your behavior, you have to change your actions

If you want to change your actions, you have to change your feelings/emotions

If you want to change your feelings, you have to change your thoughts

If you want to change your thoughts, you have to identify false beliefs

Consider the following example:



You are what you think

Everything begins with a thought. We can work backwards to change our future. Do this: Identify the outcome or the future you desire and work backwards to determine the necessary actions, feelings, thoughts and beliefs.

Instruct your client to begin to pay attention to negative thoughts. Have them list those thoughts on the Belief to Behavior Chart to list identify false beliefs, emotions and behaviors. Then pray and ask the Lord to show you the reality in His truth that can influence different emotions and behaviors.