

# Authority of Our Thinking

## Week 3

**Theme:** Submitting the Mind to Christ

How **Authority** Shapes **Worldview**

- Worldview is not accidental — it is formed by whatever authority we trust most.

Identifying **Thought Patterns** Not Aligned With **Christ**

- If we do not **interrogate** our thoughts, they **disciple** us.
- **Core Question:** Who governs my thoughts, beliefs, and reactions?

Renewing the Mind Through **Scripture** and **Truth**

# Thought Audit & False Narrative Replacement

## Thought Audit

### Audit #1 End-of-Day Thought Scan (3-5 min)

- Each evening, ask yourself:
  - Where did my mind drift most today?
  - What thought produced the strongest emotion?
  - Did that thought produce life and peace (Rom 8:6) or anxiety and control?
- At the end of each evening's audit, finish the following sentence: "Today, I noticed I often believe \_\_\_\_\_."

		Today, I noticed I often believe _____
<input type="checkbox"/>	2/26	
<input type="checkbox"/>	2/27	
<input type="checkbox"/>	2/28	
<input type="checkbox"/>	3/1	
<input type="checkbox"/>	3/2	
<input type="checkbox"/>	3/3	
<input type="checkbox"/>	3/4	

### Audit #2 Identify Your Top 2 Lies

- By the end of this week's homework, be able to articulate the following: "The two false narratives I live with the most are \_\_\_\_\_."

## False Narrative Replacement

### Addition #1 Study the Promises of God

### Addition #2 Speak Truth Out Loud (at least 1x/day)