

ON THE ROAD WITH JESUS

DETOURING YOUR THOUGHTS

THOUGHT AUDIT

Here are twenty questions to help you analyze what you regularly think from Craig Groeschel book "Winning the War in your Mind". They questions are broken down into two categories: Defense (protection from the Enemy) and Offense (growth toward God). Write down your honest answers. When you're done, compare your defense and offense. This evaluation will help you see your thoughts and work on real change.

On a typical day:

DEFENSE - Protection from the Enemy:

- Are my thoughts tearing me down?
- Do I think worried thoughts?
- Does my self-talk cause me to shrink back in fear?
- Do my thoughts cause me to keep people at a distance?
- "Are my unhealthy thoughts keeping me from the life I want?"
- Are my unhealthy thoughts keeping me from the life God wants for me?
- Are my thoughts negative, toxic, or self-deprecating?
- Does my inner voice tell me I'm helpless or that life is hopeless?
- Do I find myself skeptical of others?
- Do I lean toward imagining worst-case scenarios?

OFFENSE - Growth toward God:

- Are my thoughts building me up?
- Do I think peaceful thoughts?
- Does my self-talk inspire me to take faith risks?
- Do my thoughts help me get closer to others?
- Do my thoughts reflect my faith?
- Are my thoughts God-honoring?
- "Do my thoughts reflect my hope in Christ?"
- Do they inspire me to believe I can make a difference in the world?
- Do they equip me to become more like Jesus?
- Do my thoughts connect to the vision God has for my life?

Remember, the goal is to think about what you think about. Nothing more, nothing less. You can use this information as you move forward, to help you take practical steps in winning the battle in your mind and creating healthy detours for your thought life. Be encouraged. You are one step closer to changing your thinking and believing what God says about you."

Lastly, we always recommend that you process with another person. Consider talking with a trusted friend, a Life Group, or reach out to one of our many coaches and prayer warriors that would be honored to walk you through this. You can reach out at tlconnect.church/rise