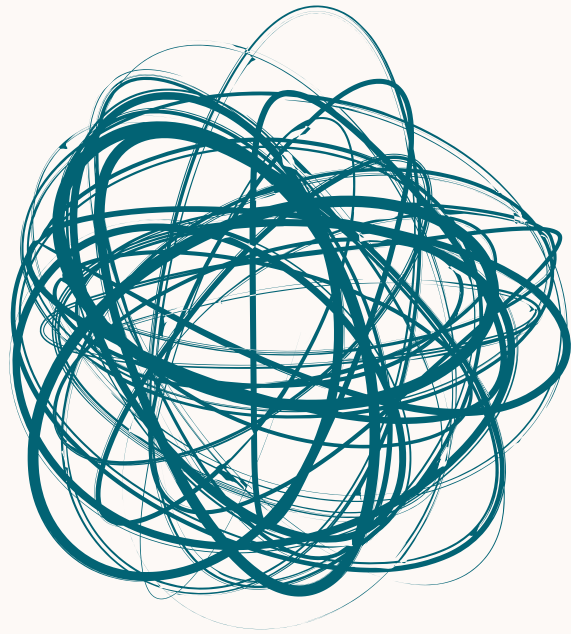


# GET OUT OF YOUR Head

HAVING A MIND LIKE JESUS



BOOK OF PHILIPPIANS

STUDY GUIDE / WORKBOOK

Welcome to "Get Out of Your Head: A Journey to Think Like Jesus." This study guide invites you on a transformative exploration through the book of Philippians, focusing on renewing your mind and aligning your thoughts with Christ's. Each week, you will delve into practical insights and daily devotionals designed to help you cultivate a mind that reflects the wisdom and peace of Jesus Christ.

In the hustle of daily life, our minds can become battlegrounds of doubt, negativity, and distraction. Through the timeless wisdom of Philippians, we uncover strategies to break free from destructive thought patterns and embrace a mindset rooted in faith and joy.

Join us in this journey as we discover how to silence the chatter of the world and align our thoughts with the truth of God's Word. Together, let's embark on a path to unlock the peace, clarity, and spiritual resilience found in thinking like Jesus.

## WEEKLY DEVOTIONALS

### **Week 1: What's in Your Head?**

- Day 1: The Power of Thoughts
- Day 2: Identifying Your Inner Critic
- Day 3: Mental Clutter
- Day 4: Intrusive Thoughts
- Day 5: Feeding Your Mind

### **Week 2: Your Mind and Your World**

- Day 1: What's Your Reality?
- Day 2: Mind Traps
- Day 3: Your Mind and Your Health
- Day 4: A New Perspective
- Day 5: You Are Not Your Thoughts

### **Week 3: Transforming Your Thought Patterns**

- Day 1: The Shift
- Day 2: Nothing to Compare
- Day 3: Mindset Hacks
- Day 4: Where Your Power Comes From
- Day 5: Cultivating A Winning Mindset

### **Week 4: Think Like Jesus**

- Day 1: Think About Such Things
- Day 2: The Importance of Joy
- Day 3: Release and Find Peace
- Day 4: You're Not Alone
- Day 5: Designed for Greatness

We often find ourselves trapped in our own thoughts, overwhelmed by worries, doubts, and negative thinking. However, the Apostle Paul provides a powerful strategy to help us shift our mindset and think like Jesus. Let us explore together what can help us "get out of our heads" and embrace the mind of Christ.

Written by Pr Joanne Cortes & Pr Tiara Best

# What's in Your Head ?

WEEK ONE

Day One

## The Power of Thoughts

Imagine your mind as a garden. Whatever you plant and nurture will grow. If you plant seeds of fear, doubt, and negativity, they will flourish and crowd out the good plants. But if you sow seeds of faith, hope, and love, your garden will be beautiful and bountiful.

Our thoughts hold immense power over our lives. They shape our perceptions, influence our emotions, and guide our actions. What we choose to focus on can either uplift or drag us down. Positive thoughts can inspire confidence, foster resilience, and lead to a more fulfilling life, while negative thoughts can create self-doubt, anxiety, and a sense of hopelessness.

Romans 12:2, Paul urges us “not to copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think...” The enemy wants you to think that you can't change, there is no hope, and that you are meant to live in chaos, but God wants you to know and believe that you can change, you can be better, you can have peace, you can be the person He created you to be - it requires you to be intentional with the thoughts you have.

How do my thoughts influence my mood and behavior throughout the day? What are the most common thoughts that occupy my mind daily?

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*being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.*

*Philippians 1:6*



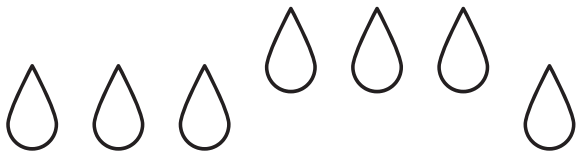
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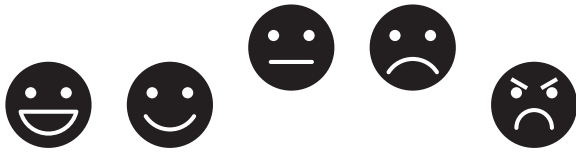
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WATER INTAKE:



MOOD:



SOMETHING I LEARNED TODAY:

WHAT AM I GRATEFUL FOR TODAY?

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WHAT ARE MY GOALS FOR TOMORROW?

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MY AFFIRMATION FOR TOMORROW:

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# What's in Your Head ?

WEEK ONE

Day Two

## Identifying Your Inner Critic

Have you ever thought: "I'm not good enough" or "I'll never succeed?" Pay attention to when and where these thoughts arise, as well as their impact on your emotions and behavior. Understanding the triggers for your inner critic—whether specific situations, people, or past experiences—can help you pinpoint its influence more effectively.

Once you've identified your inner critic, you can begin to challenge its messages. Start by questioning the validity of its statements and seeking evidence that contradicts them. Cultivating self-compassion and practicing positive self-talk are powerful tools in silencing the inner critic.

Proverbs 4:23 states: "Above all else, guard your heart, for everything you do flows from it." This verse encourages us to be mindful of our inner thoughts and feelings because they shape our actions and attitudes. It emphasizes the importance of protecting our hearts and minds from negative influences, including our own critical self-talk. By focusing on positive and uplifting thoughts, we can nurture a mindset that aligns with God's truth and promotes personal growth and well-being.

Don't allow the voice of the inner critic be louder than the voice of encouragement hope, and love, You aren't perfect, and it's ok because Jesus is perfect, and He loves you. He's not out to criticize or discourage you but to uplift you and remind you of your worth!

**What recurring thoughts or self-criticisms do I notice most often throughout my day?**

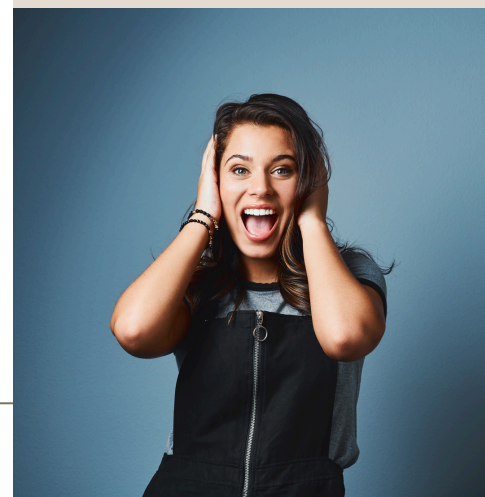
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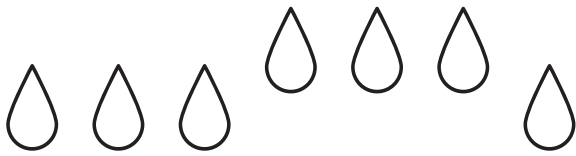
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# What's in Your Head ?

WEEK ONE

Day Three

## Mental Clutter

Have you ever felt like you couldn't think straight, your mind had so many thoughts that it disrupted your peace and clarity, making it challenging to make decisions effectively? Mental clutter usually stems from the pressures of daily life, past experiences, or fears about the future, creating a sense of overwhelm and distraction.

God gives us the capacity to manage mental clutter by giving us courage to tackle any excessive or overwhelming thoughts and emotions, worries, or concerns that can fill our minds and make it difficult to focus, make decisions, or feel at peace.

He gives us wisdom to clear our mind by considering strategies like prayer, mindfulness techniques, journaling, or talking with a trusted friend or therapist to help sort through and process these thoughts. Setting aside dedicated time for reflection and relaxation can also provide a much-needed break from the constant mental chatter. Be confident in knowing that by expressing to God that which overwhelms you, by actively addressing and organizing our mental clutter, you can regain focus, reduce stress, and create space for clearer thinking and improved overall well-being.

**What strategies or activities help me clear my mind and regain mental clarity?**

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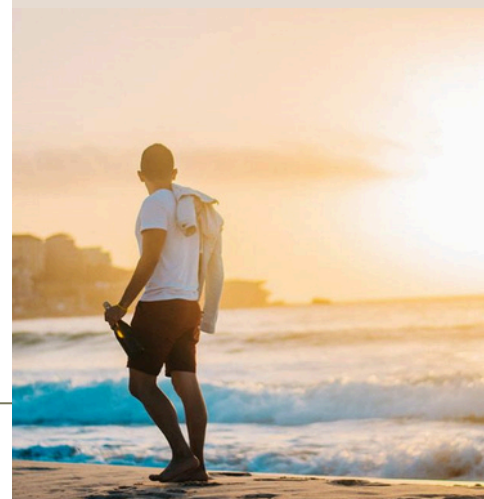
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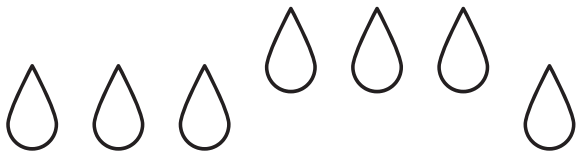
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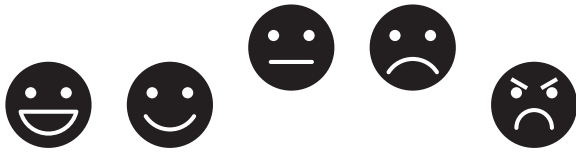
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# What's in Your Head ?

WEEK ONE

Day Four

## Intrusive Thoughts

Intrusive thoughts - we've all had them - They are unwelcome, involuntary thoughts, images, or ideas that often feel disturbing or distressing. They can be repetitive and challenging to control, causing significant anxiety or discomfort. These thoughts may vary widely, from fears of harm coming to oneself or others, to disturbing or taboo subjects that go against personal values.

Recognizing intrusive thoughts involves acknowledging their presence without judgment or guilt. It's important to understand that having intrusive thoughts does not define your character or intentions. Instead, it's about understanding that these thoughts are a common human experience, often heightened during times of stress or anxiety. Coping strategies include practicing mindfulness to observe these thoughts without becoming consumed by them, and seeking support from a therapist or counselor who can help develop techniques to manage and reduce their impact. Through compassion for oneself and a commitment to understanding and managing these thoughts, it's possible to alleviate their intensity and regain a sense of mental peace.

What lies have you believed about yourself because of the inner critic? How can you counter these lies with specific truths from Scripture?

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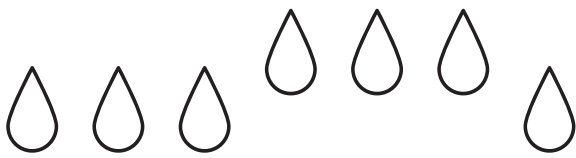
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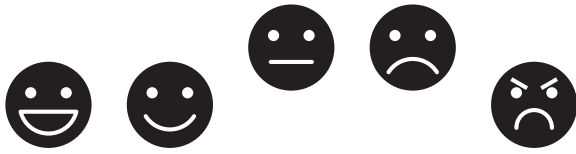
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# What's in Your Head ?

WEEK ONE

Day Five

## Feeding Your Mind

Once we declutter our minds, ridding of the intrusive thoughts that do not serve us well, we must be intentional in feeding our minds with things that help us grow into better people who reflect God's character. Taking time to center ourselves daily in scripture, whether we meditate on bible verses, listen to worship music, or tune into an uplifting podcast, it is extremely important to fuel ourselves with things that shape our minds in light of who God is calling us to be. You are called to be a light, you are made with love, and God has good plans for you; as Jesus promised, a good work is being done in us and through us! It is never too late to embrace who God has made you to be!

Let us embrace positivity and refuse to feed into the lies that stunt our growth. God has given us the resources to grow and flourish; let us grab ahold of them!

How do you currently feed your mind with positive or negative influences? What are some practical ways you can start feeding your mind with God's Word daily?

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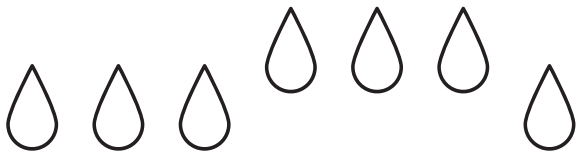
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# *RATE YOUR* THINKING

LOOK AT THE LIFE AREAS BELOW AND RATE YOURSELF BETWEEN 1-10 WITH HOW SELF-AWARE AND CONFIDENT YOU ARE IN EACH CATEGORY.

## BELIEF IN YOURSELF

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

## ABILITY TO BE POSITIVE

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## ALIGNING THOUGHTS WITH GODS TRUTHS

1	2	3	4	5	6	7	8	9	10
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## ABILITY TO STICK TO GOALS

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

# Your Mind and Your World

WEEK TWO

Day One

## What's Your Reality

Did you know that the way we interpret events and circumstances often dictates our emotional and mental state. Consider how your thoughts influence your perception of reality. Are you seeing things as they are, or as your mind colors them?

While our feelings are valid and deserve acknowledgment, they may not always align with the truth. Reflect on areas in your life where your feelings might be clouding your perception of reality.

As we navigate our daily lives, it's essential to align our thoughts with God's truth. Proverbs 23:7 reminds us that our inner thoughts shape who we are. If our minds are filled with negativity or false beliefs, they will color our reality. When we dwell on God's promises and truth, our reality shifts to one of hope and possibility.

Take time today to reflect on situations where your thoughts may have distorted your perception, and ask God for clarity and wisdom to see through His eyes.

**Can you recall a time when your perception of an event was significantly different from reality? What role did your thoughts play in shaping that perception?**

**How can you align your thoughts more closely with God's truth in your daily life?**

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*for it is God who works in you to will and to act in order to fulfill his good purpose.*

*Philippians 2:13*





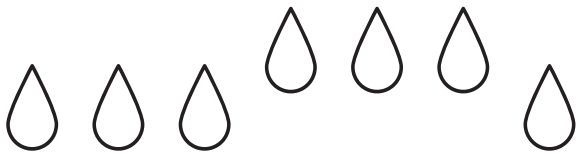
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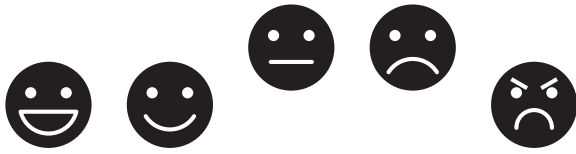
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MY AFFIRMATION FOR TOMORROW:

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# Your Mind and Your World

WEEK TWO

Day Two

## Mind Traps

Mind traps include negative thinking, overgeneralization, catastrophizing, all-or-nothing thinking, should statements, or any irrational thought patterns that blind you to the truth, causing you to make errors in judgment. You can fall into mind traps at any time, but you're more likely to when under stress.

Recognizing the mind traps is the first step toward freedom. Once identified, challenge the validity of the thought. Is there evidence to support it, or are you making assumptions? Then begin to replace with Truth, including using scripture and God's truth to replace distorted thinking. Focus on what is true, noble, right, pure, lovely, and admirable (Philippians 4:8).

As you go through your day, be mindful of the thoughts that arise. When you recognize a mind trap, consciously redirect it to align with God's Word, reminding yourself of His promises and faithfulness.

What are some common mind traps you find yourself falling into? How can you take steps to recognize and challenge these negative thought patterns?

What scriptures or truths can you use to counteract these mind traps?

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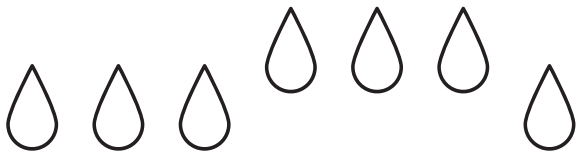
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MY AFFIRMATION FOR TOMORROW:

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# Your Mind and Your World

WEEK TWO

Day Three

## Your Mind and Your Health

Think of your mind as a garden. Like a gardener tends to their plants with care, you can cultivate a healthy mental landscape by planting seeds of gratitude, positivity, and wisdom. Take time each day to nourish your mind and keep it healthy with uplifting thoughts and affirmations. Engage in activities that stimulate your intellect and creativity, such as reading, learning something new, or spending time in nature. Surround yourself with people who inspire and support you, creating a nurturing environment that fosters growth. Just as gardens require regular watering and protection from weeds, your mind thrives when you protect it from negativity and cultivate a mindset of gratitude and resilience.

Understand that having an increase of negative thoughts can trigger physical responses in the body, such as elevated cortisol levels, increased heart rate, and compromised immune function. Over time can contribute to conditions like hypertension, digestive issues, and even depression. On the other hand, cultivating positive thoughts and emotions can bolster your immune system, lower blood pressure, and improve overall cardiovascular health.

Having a healthy mindset and caring for your mental well-being, you not only enhance your physical health but also experience greater emotional resilience and a deeper sense of well-being.

How do my thoughts and attitudes influence my physical health? Can I recall a time when my mental state affected how I felt physically?

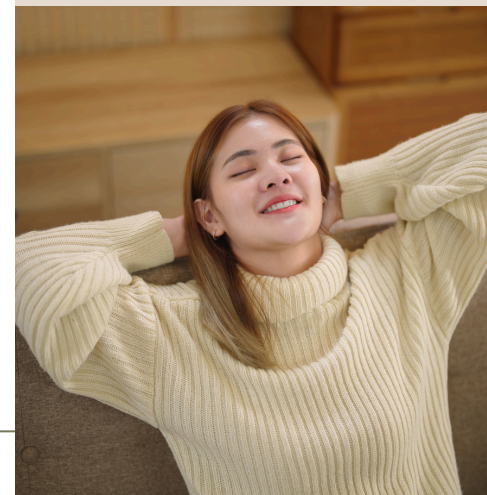
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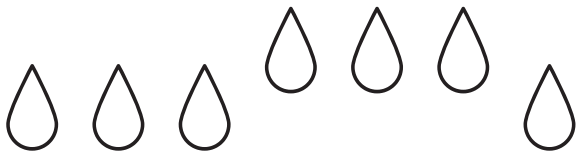
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WHAT ARE MY GOALS FOR TOMORROW?

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MY AFFIRMATION FOR TOMORROW:

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# Your Mind and Your World

WEEK TWO

Day Four

## A New Perspective

In our journey through life, our perspectives often shape our experiences, decisions, and interactions. Proverbs 3:5-6 reminds us to trust in the Lord with all our hearts and lean not on our own understanding. This verse encourages us to seek God's perspective and trust in His wisdom rather than relying solely on our own limited viewpoint.

Sometimes, our thoughts can become clouded by doubts, fears, or negative assumptions. These perspectives can hinder our growth, steal our joy, and lead us away from God's intended path for us. However, God offers us a new perspective—one that is grounded in His truth, grace, and unchanging love.

Embracing a new perspective begins with surrendering our thoughts to God. Invite Him into your thought life and ask Him to reveal His truth to you. Remember that it is a process. Be patient with yourself and persistent in your pursuit of a renewed perspective.

What aspects of my current perspective or mindset might be limiting my growth or causing unnecessary worry?  
How do I typically respond to challenges or uncertainties?  
Are there patterns in my thinking that I could adjust to foster more positivity and faith?

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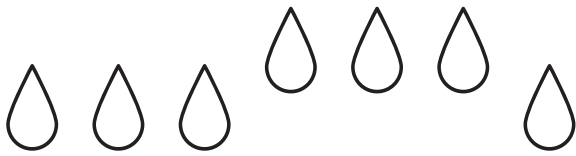
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# Your Mind and Your World

WEEK TWO

Day Five

## You Are Not Your Thoughts

It's common to be consumed by our thoughts—both uplifting and challenging thoughts. However, it's crucial to remember that our thoughts don't define us. Psalm 139:14 reminds us that we are fearfully and wonderfully made by God, reflecting His image and purpose. At times, negative thoughts can distort our self-perception, leading us to doubt our worth and abilities. Yet, God's truth offers us a liberating perspective: we are deeply loved and valued by Him, regardless of our fleeting thoughts or feelings.

When negative thoughts arise, it's important to recognize them as passing and transient. They do not reflect the core of our identity or define our potential in Christ. 2

Corinthians 10:5 encourages us to take every thought captive to obey Christ, reminding us of our authority to reject falsehoods and embrace God's truth.

As you lean into God's truth and surrender negative thoughts to Him, embrace the freedom of knowing your identity in Christ. Trust in His unconditional love and acceptance, knowing that you are His cherished creation, uniquely designed for His purposes.

How do my thoughts influence how I perceive myself and my capabilities? Can I identify recurring negative thoughts or self-limiting beliefs that have held me back? In what ways have positive thoughts or affirmations empowered me to overcome challenges or pursue my goals?

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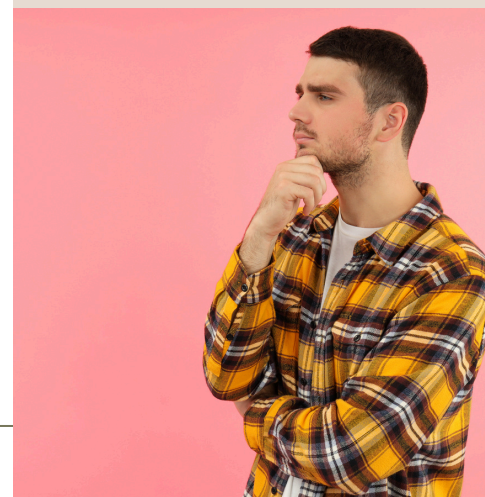
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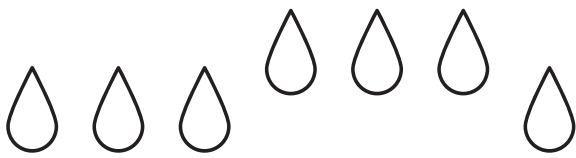
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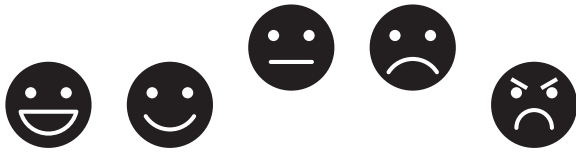
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# *RATE YOUR* THINKING

LOOK AT THE LIFE AREAS BELOW AND RATE YOURSELF BETWEEN 1-10 WITH HOW SELF-AWARE AND CONFIDENT YOU ARE IN EACH CATEGORY.

## BELIEF IN YOURSELF

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

## ABILITY TO BE POSITIVE

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## ABILITY TO STICK TO GOALS

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# Transforming Your Thought Patterns

WEEK THREE

Day One

## The Shift

"The Shift" refers to the intentional change in our thought patterns—from doubt to faith, from fear to courage, and from negativity to positivity. It begins with recognizing the power of our thoughts to shape our beliefs, emotions, and actions. Proverbs 4:23 advises us to guard our hearts diligently, for everything we do flows from it.

To initiate "The Shift," start by identifying any negative or self-limiting thought patterns that hinder your relationship with God and others. These may include doubts about your worth, fears about the future, or unhealthy comparisons with others. Acknowledge these thoughts without judgment, and surrender them to God in prayer. Next, replace these negative patterns with God's truth and promises and be grateful for who you are and how far you've come.

Embrace "The Shift" as a continual process of growth and renewal, allowing God to transform your thought patterns and lead you into a life marked by peace, joy, and purpose in His kingdom.

How can I incorporate gratitude and thanksgiving into my routine to shift my focus from negativity to God's blessings? Are there specific areas of my life where I need to surrender control and trust God's plan more fully?

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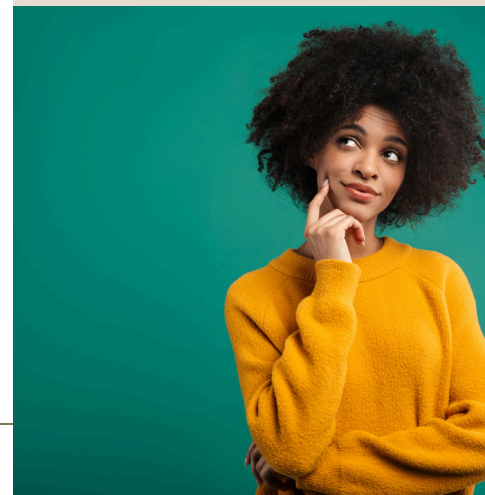
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*Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me.*

*Philippians 3:12*



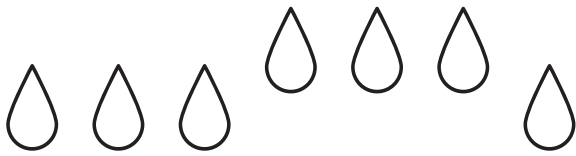
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MY AFFIRMATION FOR TOMORROW:

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# Transforming Your Thought Patterns

WEEK THREE

Day Two

## Nothing to Compare

You are an original! There is no one else like you! However, it can be so easy to compare ourselves to others and their success stories, but we must remind ourselves that God is the one writing our story. As we are reminded of our verse of the week last week, Jesus is forever committed to working in us, through us, and crafting our success story. God, in his word, tells us that we were created for good works; not only that, that fact that we exist is very good (Ephesians 2:10, Genesis 1:31)! He created us because he wanted us to experience the gift of receiving love and pouring it out to others. The place in which you live needs your voice, your influence, and your insight for God's purposes. Do not doubt it! You are gifted with unique abilities but most importantly, you are a gift to God and many. In this week's verse, we read that it is God who works within us in order to accomplish his good purpose. This good purpose always works in our favor and in God's plan, we are never left out (Philippians 2:13, Romans 8:28)! God is doing special things in each of our lives and we were never meant to be duplicates; be you!

What are some of the recurring thoughts that influence how I perceive myself and others? How do these thoughts impact my daily life, decisions, and relationships? In what ways can I cultivate self-awareness and mindfulness to better understand my thought patterns?

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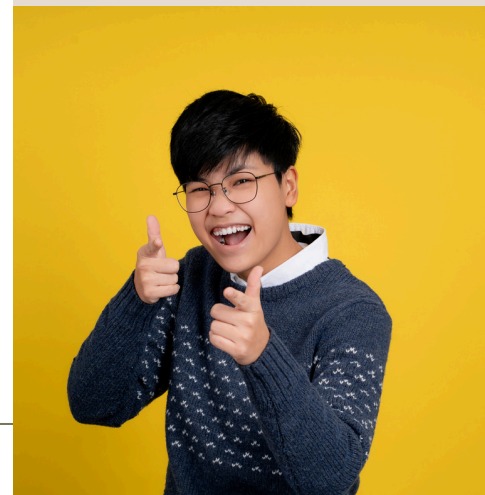
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*Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me.*

*Philippians 3:12*



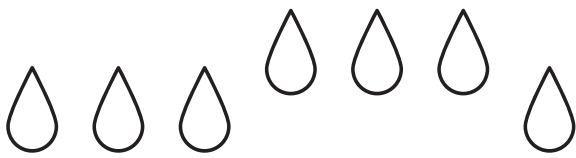
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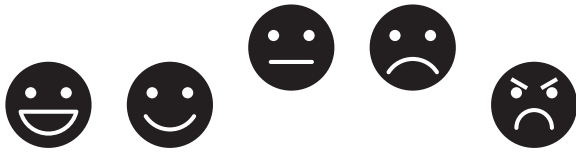
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WATER INTAKE:



MOOD:



SOMETHING I LEARNED TODAY:

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WHAT ARE MY GOALS FOR TOMORROW?

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MY AFFIRMATION FOR TOMORROW:

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# Transforming Your Thought Patterns

WEEK THREE

Day Three

## Mindset Hacks

Breaking a habit, or changing the way you think is not easy and requires you change your mindset. Your 'mindset' refers to your beliefs, attitudes, and assumptions about yourself and the world around you. It shapes how you approach challenges, setbacks, and opportunities in life. Your mindset can significantly impact your life, from your relationships to your career.

To change the way you have been thinking, or change how you do things, requires some mindset hacks such as gratitude, meditating on scripture, speaking words of life, surrounding yourself with people who encourage and empower you, focusing on solutions and not problems, cultivating a heart of service, practicing mindfulness and prayer, and learning to be present and aware. By incorporating these mindset hacks, we can transform our thought patterns and experience God's joy, love, and peace more fully.

What are some negative and toxic thoughts or beliefs that I need to recognize and address to cultivate a healthier mindset? In challenging situations, how can I shift my focus from dwelling on the problem to trusting God for solutions and guidance?

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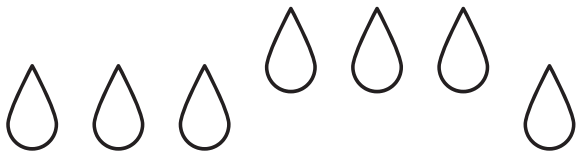
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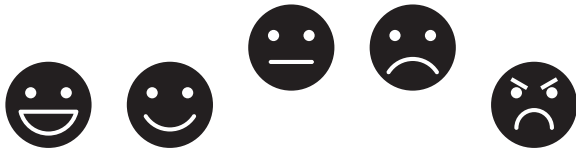
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MY AFFIRMATION FOR TOMORROW:

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# Transforming Your Thought Patterns

WEEK THREE

Day Four

## Your Power Source

Believing in who God says we are can be a challenging task, especially when so many influences try to contradict that. At times, we can be our greatest critic. In these moments, where the voices of others, and even ourselves, seem louder than God's voice, we need to go to our power source—God's word. What God says of us in scripture should rule our hearts; our power comes from what we believe. In Him, we are always enough, we are destined for greatness, we have purpose, and we are loved unconditionally no matter where we find ourselves. We have a God who desires to affirm us and show us who we are in light of who He is—the embodiment of love. We were created to receive love, be love, and spread love. In order to be all that we were created to be, we must believe that we can! Let us press forward!

Look for ways that God affirms us throughout scripture, write them down, and try to commit them to memory (i.e., Jeremiah 31:8, I am loved with a present, everlasting love)!

**What are some recent challenges I have faced, and how did I handle them? How can I shift my focus from the problem itself to finding solutions with God's help?**

**What practical steps can I take to trust God more fully in difficult situations?**

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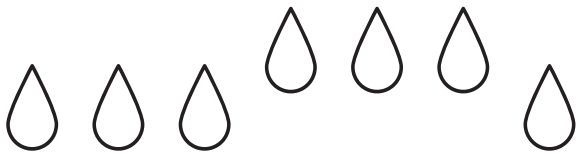
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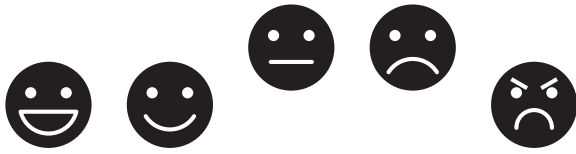
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MY AFFIRMATION FOR TOMORROW:

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# Transforming Your Thought Patterns

WEEK THREE

Day Five

## Cultivating A Winning Mindset

You can do it! You are victorious! You can overcome anything that comes your way! Do you believe it? Cultivating a winning mindset begins with your thinking, your beliefs. A winning mindset is essential for navigating life's challenges, for achieving success in any area of life. It shapes your beliefs, attitudes, and behaviors, ultimately guiding your actions and decisions. Philippians 4:13 declares, "I can do all things through Christ who strengthens me," - This powerful truth anchors us in the reality that our strength and success come from God, not from our own efforts, and even if we fail we are not failures, God will position us where He needs us - we just keep doing our part, trusting and believing God will direct our steps.

Also cultivating a winning mindset involves being part of a supportive community of faith, surrounding yourself with positive influences, whether they are supportive friends or mentors - people who encourage, uplift, and challenge you, and help reinforce your faith and perseverance.

How do I currently define success and winning in my life? Are there any limiting beliefs or negative thought patterns that hinder my ability to achieve a winning mindset? How can I shift my perspective to align more closely with God's view of success and victory?

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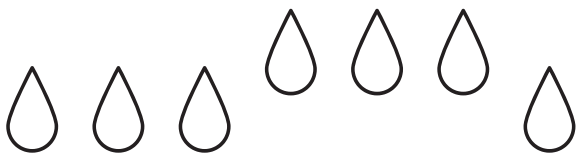
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MY AFFIRMATION FOR TOMORROW:

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# *RATE YOUR* THINKING

LOOK AT THE LIFE AREAS BELOW AND RATE YOURSELF BETWEEN 1-10 WITH HOW SELF-AWARE AND CONFIDENT YOU ARE IN EACH CATEGORY.

## BELIEF IN YOURSELF

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

## ABILITY TO BE POSITIVE

1	2	3	4	5	6	7	8	9	10
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## INFLUENCE OF EXTERNAL FACTORS

1	2	3	4	5	6	7	8	9	10
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## ALIGNING THOUGHTS WITH GODS TRUTHS

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

## ABILITY TO STICK TO GOALS

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

# Think like Jesus

WEEK FOUR

Day One

## Think About Such Things

To think like Jesus is not merely about adopting a set of beliefs but transforming our entire mindset to reflect His character. Philippians 4:8 instructs us to "think about such things"—whatever is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy. This challenges us to filter our thoughts through the lens of God's love, truth, and goodness.

To think like Jesus means cultivating a mindset of peace, love, honesty, seeking integrity in all we do. It involves nurturing compassion and empathy, seeing others through God's eyes and valuing their dignity and worth. It requires us to go beyond our bias' and preferences and align our thoughts with Jesus' example of humility, servanthood, forgiveness, and grace, embracing a mindset that honors and reflects God and blesses those around us.

In what ways do I demonstrate compassion and empathy towards others, and how can I deepen these qualities in my interactions?

How can I view people through God's eyes, valuing their dignity and worth as Jesus did?

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*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

*Philippians 4:8*



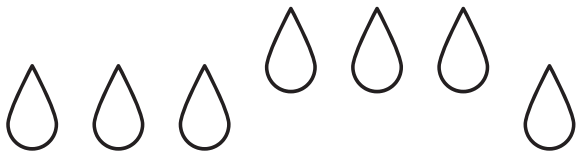
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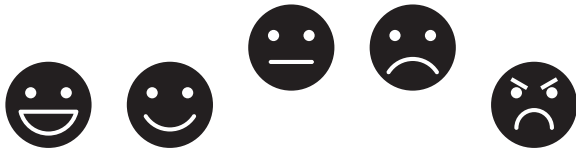
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MY AFFIRMATION FOR TOMORROW:

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# Think like Jesus

WEEK FOUR

Day Two

## The Importance of Joy

Joy is more than a feeling; it's a profound source of strength rooted in our relationship with God. Nehemiah 8:10 reminds us that "the joy of the Lord is our strength," emphasizing that joy sustains us through life's challenges. It's not dependent on circumstances but on our trust in God's faithfulness.

To have joy involves having gratitude daily—reflecting on God's goodness and thanking Him for His blessings. Taking moments each day to reflect on His faithfulness and goodness. Thanking Him for His provision, protection, and the blessings experienced, both big and small. This practice shifts our focus from challenges to the abundant grace God provides, giving us a joyful heart.

Gratitude transforms our perspective, it fills our hearts with joy that overflows into our interactions with others. As we dwell in God's presence, joy becomes a beacon of hope, enriching our lives and spreading God's love to those around us.

**How do I define joy, and how does it differ from happiness or contentment? How can I cultivate a deeper, more lasting joy that isn't dependent on external circumstances? What practices or habits can I incorporate into my daily life to cultivate a spirit of joy?**

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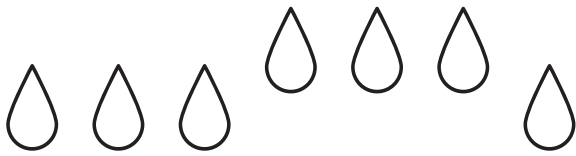
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MY AFFIRMATION FOR TOMORROW:

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# Think like Jesus

WEEK FOUR

Day Three

## Release and Find Peace

Finding peace involves letting go of any thoughts that weigh us down, that confuse, burden, overwhelm, limit, destroy, or confine us. Letting go of negative or toxic thoughts that bring worry, fear and anxiety.

Philippians 4:6-7 encourages us to "not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Practically, releasing involves surrendering control and trusting God's plan. Taking time in pray and share our concerns before God, acknowledging His wisdom and sovereignty over every situation. Embracing moments of stillness and reflection, allowing His peace to settle our heart.

As you release, focus on God's promises and His faithfulness, knowing that He cares deeply for you and desires to give you His peace in all circumstances.

**What recurring negative thoughts or beliefs do I often struggle with? How do these thoughts affect my emotions, attitudes, and relationships? Am I willing to acknowledge these thoughts and surrender them to God?**

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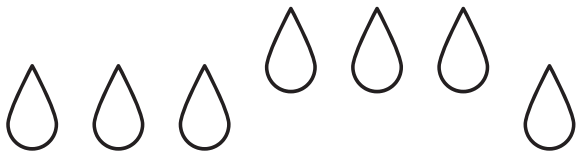
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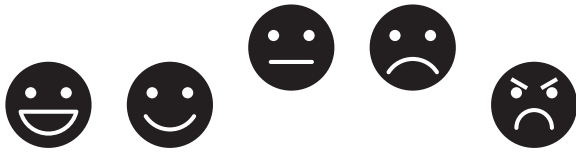
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MY AFFIRMATION FOR TOMORROW:

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# Think like Jesus

WEEK FOUR

Day Four

## You Are Not Alone

The greatest lie of all time: “I am alone”. Though life may feel very lonely at times, there is never a moment you are out of God’s grasp. God sends us the gift of community through people and we are gifted with the community of the Holy Spirit within our hearts. As Jesus left the disciples after his resurrection, he promised them the gift of the Holy Spirit who would be their teacher, comforter, guide, and power source. We have this same promise today! Also, we learn that through the power of the Holy Spirit, the disciples would grow this community of believers. Their purpose was greater than themselves! We have the same access to comfort, love, teaching, and guidance on our journey through the Holy Spirit.

God sends us people to connect with and just like Paul experienced, there will be certain individuals who will show God’s love and care to us in times when we need it most. Jesus reminds us in Hebrews 13:5, “I will never leave you nor forsake you.” even in your darkest moments, God is with you, offering companionship, strength, and peace

**What areas of my life do I find it most challenging to trust that God is with me? In what specific moments do I feel the presence of God most tangibly in my life? Who in my life needs to be reminded of God's promise that they are not alone, and how can I encourage them?**

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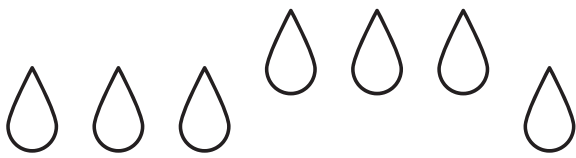
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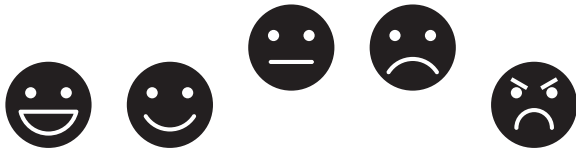
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# Think like Jesus

WEEK FOUR

Day Five

## Designed for Greatness

God has intricately designed each of us with unique gifts, talents, and potential. Our very existence is a testament to God's intentional design and purpose for greatness.

You were created by a God who formed the foundations of this world, the animals we see, as well as you and I! God is creative, He thinks outside of the box, He does everything in love, and when He had you and I on His mind, He has big plans for each of us that are waiting to be fulfilled! We were made in His image, meaning there are certain qualities, certain abilities that we have that reflect our Creator!

The fact that we were created by God is a very good thing but also, as Jesus departed the earth after His resurrection, He said that we, His disciples, would do “greater things” in His name. Jesus’ mission brought much good to the world; it brought the kingdom of God down to earth! But we, as believers, are called to continue this work, this radical revolution of bringing love and light to a world that seems very dark. We can harness the hope and the promises of God by mediating, as Paul says, on what is filled with faith, hope, and love.

How does the belief that I am designed for greatness influence my sense of identity and purpose? In what ways can I align my goals and aspirations with God's plan for my life? What unique gifts and talents has God entrusted to me, and how can I use them to contribute positively to the world?

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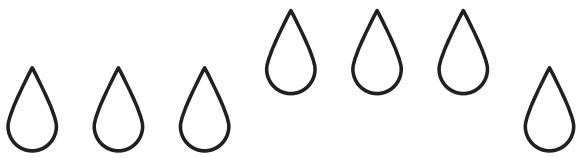
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# GET OUT OF YOUR Head

HAVING A MIND LIKE JESUS



BOOK OF PHILIPPIANS

STUDY GUIDE / WORKBOOK