

1. In the “I feel...” column record your current feelings about the issue God has identified.
2. In the next column (“Support”), record additional circumstances or events that are supporting or encouraging these feelings. We want to be aware of how our emotions are being reinforced in a negative way.
3. Then, in the “God says...” column, record what God has to say about the issue.
4. How has God proven this truth in the past to you or to someone in Scripture? Write this in the next “Support” column.
5. Ask the Lord for personal strategies to take every thought and feeling captive with regard to this issue. Think connecting, receiving, believing, turning, trusting when it comes to this column. The goal is to uncover lies that are causing you to turn to self-care rather than to the One who cares for you and strategies to develop deeper trust in the One who is faithful to keep His word. You are not looking for things to do to change your circumstances but rather ways to connect to the One who never changes.

<u>I feel...</u>	<u>Support</u>	<u>God says...</u>	<u>Support</u>	<u>So I will...</u>
(Ex.) Discouraged/hopeless	child's grades/attitude	He has a plan that is good (Jer. 29:11)	Had the same situation with another child and God changed that heart.	1) Redefine “good” and “successful”. Good = in the center of God’s will. 2) Surrender future to God and exchange my vision for ALL His possibilities. 3) Realize that current circumstances just might be God’s answer to my prayers. 4) Thank Him!