

# *Beloved and Worthy Challenge - Day 7*

## *Reflection Questions*

1. What lies does the devil tell me about myself? Write them down and next to each one write: FALSE. NOT TODAY, SATAN.
2. What negative trains of thought does my brain dwell on?
3. What will my life look like when I re-shape my brain by eradicating the negative trains of thought?
4. What can I turn off that triggers negative thought trains: magazines, certain websites or social media accounts, relationships that threaten my spiritual life?

## *Action*

Begin re-training your brain today. The deeper the pattern, the longer it will take. 1. Recognize your negative thought pattern, 2. press pause, 3. throw your hands up and surrender the thought to God, 4. listen for God's response, 5. DON'T get back on, 6. say a prayer of gratitude, 7. move on with your day.

