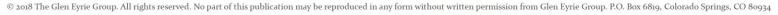


This tool will help you guide a reflection time on how thought patterns can be distracting from or even destructive to a person's relationship with the Father, or they can be transformational as a person renews their mind with the truly Good News of Jesus Christ.

To use this tool:

- 1. Meditate on and discuss the following passages with the person you are meeting with:
 - a. Romans 12:1-2
 - b. 2 Corinthians 10:3-5
 - c. Colossians 3:1-3
- 2. After discussing the above Scripture, ask:
 - a. "Describe a time when your thoughts impacted a situation in a positive or negative way."
 - b. "Is there an area you struggle with in your thought life?"
 - c. "Why is it important to think about our thoughts, especially where they come from and what they result in?"
 - d. "Where does the wisdom of the world seem most appealing?"
- 3. Together, brainstorm 2-4 passages in the Bible that address an issue/topic your apprentice is challenged by. Write them down in the "Starting Scripture" column. Pray through and meditate on these Scriptures, filling out the chart to discuss next time you get together.
- 4. Take a moment to discuss the impact Satan plays in our thought-life.
 - a. What does the Bible say about how Satan works?
 - b. How do lies, near-truths, and the pressures of this world impact thoughts?
 - c. Consider:
 - o 1 Peter 5:8
 - o Matthew 16:22-24
 - o Mark 4:15
- 5. If you'd like, you can also suggest other, broader passages that are good for developing Christ-like character across the board. We'd suggest:
 - o Ephesians 2:1-10
 - o Philippians 2:1-11
 - 1 Thessalonians 1:1-10











| Starting Scripture | Biblical truth regarding God's character | Biblical truth regarding my identity in Christ | Biblical truth regarding other believers | Biblical truth regarding non-believers |
|-----------------------|--|--|--|--|
| | What: | What: | What: | What: |
| | Why: | Why: | Why: | Why: |
| | Other Scripture to help: | Other Scripture to help: | Other Scripture to help: | Other Scripture to help: |
| | Lie Satan or the world uses to block correct thinking: | Lie Satan or the world uses to block correct thinking: | Lie Satan or the world uses to block correct thinking: | Lie Satan or the world uses to block correct thinking: |
| | How: | How: | How: | How: |

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