

GO DEEPER

Self-Examination Questions

What negative words have you been speaking, and what are the roots of those words?

What wrong thinking has led to doubt and fear in your life? What right thinking will lead you to faith and a sound mind?

What areas of your thought life will you need to take captive? How will you do that?

On a scale from 1-10 (low to high), how willing are you to commit to monitoring your thoughts and what you are speaking?

Prayer Points

Use these prayer points to write and to pray your own powerful prayer:

- Thank God for loving you.
- Thank God for His Word that has all of the answers you need to have a sound mind.
- Ask God to reveal areas of your heart where you have kept Him out and where you have been wounded and haven't allowed Him in.
- Thank the Holy Spirit for being your comforter, your helper, and your friend.
- Ask God to reveal to you your thought patterns and belief systems that haven't been based upon the Word of God.
- Praise God for giving you tools to renew your mind.
- Declare that you will meditate on and speak out the Word of God.
- Confess times when you have allowed fear to guide your thoughts.
- Ask the Holy Spirit to guide you to truth in God's Word.

Action Steps

- In your Healing University journal, write the words that have come out of your mouth throughout the day. Look back and see whether the words were positive or negative. Begin to track the negative or critical words and try to discover their roots. In the margin, write some of the sources of these negative words. Also keep track of the bad fruit that is produced from those negative words, such as an argument or physical

ailment. Use a highlighter to illuminate your positive words and note the good fruit from those words. Keep track daily of your words until you begin to see fewer or no negative words.

- In this lesson, Carlie suggested using index cards to write out Bible verses to use like a weapon against the negative thoughts of the enemy. She suggested that you pray in tongues and ask God to give you some scriptures. Let the Holy Spirit inspire you. You may want to paper hole punch the corner of each index card and put the cards on a large metal clasp or ring. Carry the cards with you to flip through and study whenever you have a few minutes.
- Settle in your heart that God wants you mentally prosperous. You cannot expect to walk in mental health and healing without first changing your thinking and your speaking to line up with what the Word of God says. Examine your heart and, when you are ready, make the following declaration and don't waver from it:

I believe that my mental prosperity comes through renewing my mind and speaking God's Word. _____ (sign and date)

- Write your own answer to this question: *How can I improve my mental health?*

Additional Resource:

Carlie mentioned the Confession Card of promises from the Word of God. Please contact her ministry at **terradezministries.com** to obtain your copy.

Need prayer?

Please call **719-635-1111** for prayer or for more information on Charis Bible College.

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