

THE LIGHT FM

girl
talk

PREPARE

your heart

no. 1 Reflect on the Scripture passage and question below and journal your response.



Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. **Philippians 4:8**

What negative thoughts are you battling?

no. 2

Reflect on the Scripture passage and question below and journal your response.



For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree with the law, that it is good. So now it is no longer I who do it, but sin that dwells within me. For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. For I do not do the good I want, but the evil I do not want is what I keep on doing. Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me. [Romans 7:15-20](#)

What behaviors are you engaging in as a result of those thoughts?

no. 3 Reflect on the Scripture passage and question below and journal your response.



For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. [Hebrews 4:12](#)

Is there a verse from God's word that speaks to your situation?

no.4

Reflect on the Scripture passage and question below and journal your response.



We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ. 2 Corinthians 10:5

How would your life look differently if you took that verse and lived it out today?

no.5

Reflect on the Scripture passage and question below and journal your response.



I can do all things through him who strengthens me. [Philippians 4:13](#)

Are you willing to make that change? Write out a prayer and ask God to help you.