

HEART JOURNAL

(Thinking right thoughts)

1. What happened to provoke me to _____? (Fill in the blank with anger, fear, anxiety, etc.)
(What were the circumstances that led to my becoming _____?) (Ex. Fearful, anxious, etc.)
2. What did I say to myself (in my heart) when I became _____? (What did I want, desire, or long for, when I became _____?)
3. What does the Bible say about what I said to myself when I became _____? (What does the Bible say about what I wanted when I became _____?)
4. What should I have said to myself when I became _____? (What should I have wanted more than my selfish/idolatrous desire?)

5. What have I done about my thoughts, desires, and actions that were not pleasing to God? (Acknowledge, confess and repent)

6. What will I do (practice) to implement my new thought into action (be specific and concrete.)