

NPCC 302 Assignment #1

Exercise 1- pg. 20

On a typical day:

Defense:

Are my thoughts tearing me down?

Do I think worried Thoughts?

Does my self-talk cause me to shrink back in fear?

Do my thoughts cause me to keep people at a distance?

Are my unhealthy thoughts keeping me from the life I want?

Are my unhealthy thoughts keeping me from the life God wants for me?

Are my thoughts negative, toxic, or self-deprecating?

Does my inner voice tell me I'm helpless or that life is hopeless?

Do I think myself skeptical of others?

Do I lean toward imagining worst case scenarios?

Offense:

Are my thoughts building me up?

Do I think peaceful thoughts?

Does my self-talk inspire me to take faith risks?

Do my thoughts help me get closer to others?

Do my thoughts reflect my faith?

Are my thoughts God honoring?

Do my thoughts reflect my hope in Christ?

Do they inspire me to believe I can make a difference in the world?

Do they equip me to become more like Jesus?

Do my thoughts connect to the vision God has for my life?

Exercise 2- pg. 38

My Lies:
