



INTRO

He touched their eyes and said, "Become what you believe." — **Matthew 9:29 MSG**

Jesus taught that what we believe shapes who we become. This activity, **done with a friend**, will help us recognize negative, unbelieving thought patterns so that God can bring breakthroughs into our lives.

IDENTIFY NEGATIVE THOUGHTS

With your lab partner, **reflect honestly** on the areas where you may feel stuck or unbelieving in your thinking. Use these questions as a guide:

- ① **In what areas of my life have I given up hope or stopped trying to change?**

- ② **What do I assume I'll fail at before I even try?**

- ③ **What thoughts or feelings take over when things go wrong or feel out of my control?**

REMEMBER YOUR STRENGTHS

Before tackling this challenge, **increase your faith** by brainstorming a few strengths, qualities, or past wins. These victories will remind you what you are capable of with God on your side.

- ① _____
- ② _____
- ③ _____
- ④ _____
- ⑤ _____

LET GOD CHANGE YOUR MIND

Self-awareness and faithful thinking form the chemistry of a breakthrough, allowing God to transform us by changing our minds (Romans 12:2). **Fill out this chart** based on the areas you listed in question one, using the first line as an example.

The challenge	The negative thought pattern	This challenge can actually be an opportunity to...	God says...
I'm failing my math class	"I'll never do well in school because I'm dumb."	Learn how to study in ways that help me, not someone else.	I am an original. (Galatians 5:25-26 MSG)

Pick one area from "The challenge" column to tackle this week. Pray about why you picked that one, choose to believe what God says, and write down the small actions you can take to make progress this week.



To dive more deeply into shifting your mindset, read ["We're all a little stuck. But there's a way out."](#)