

Transforming your thoughts



January 12th | Pastor Miles McPherson

1. Describe the ANT by writing down the negative thought in detail | John 3:20
2. How does the thought make you feel? | John 10:10
3. Are you 100% sure your thought is true? | John 8:31-32
4. How would you feel if you did not have that thought? | Philippians 4:6-7
5. Describe the detail in the opposite of the negative thought | Romans 1:17, Ephesians 3:20