



Summer Bible Study

20 Truths to Grow Your Faith Debbie Stuart

Week 5
7/7/2026

The Battle in my Brain

10 Techniques for Training Your Brain

1. REFUSE NEGATIVE NARRATIVE

2 Corinthians 10:3-5 We are human, but we don't wage war as humans do. We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

2. REMOVE TOXIC THOUGHTS

Psalms 46:10 Step out of the traffic! Take a long, loving look at me, your High God, above politics, above everything." (The Message)

3. REMEMBER - THINK QUICK

1 Peter 5:8-9 Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. Stand firm against him, and be strong in your faith. Remember that your family of believers all over the world is going through the same kind of suffering you are.

4. RENEW YOUR MIND

Romans 12:1-2 And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect

5. REPLACE WITH TRUTH

James 4:7-8 So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.

6. RETRAIN YOUR BRAIN

John 10:10 The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

7. REFRAME YOUR THOUGHTS

Philippians 1:12 And I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News.

8. PRE-FRAME YOUR FUTURE

2 Corinthians 9:8 And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others.

9. REJOICE MINDSET

Philippians 4:4-7 Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

10. RESOLVE MENTALITY

Ephesians 6:10-12 A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

Think This... Not That!

For as she thinks in her heart, so is she. Proverbs 23:7

Toxic Thoughts and Little Lies

Helpful Thoughts and Big Truth

- 1.This is not good.
- 2.This is too hard.
- 3.I can't do this anymore.
- 4.God doesn't care about me.
- 5.I can't help the way I am.
- 6.This will never change.
- 7.This is a waste of time.
- 8.This is the worst thing ever!
- 9.I am stupid and worthless.
- 10.I don't want to live.
- 11.This habit isn't really that bad.
- 12.Nobody cares about me.
- 13.I will never be happy.
- 14.I can't help the way I feel.
- 15.I will never be able to get over this
- 16.I just can't take this anymore.
17. There is no point in trying to fix this.
18. This is going to be a terrible day.
19. Everybody else has a good life.
20. I hate the way things are right now.
21. No one knows what I'm going through.
- 22.I am so tired, exhausted and weary.
23. God isn't doing anything.
24. What will my friends think?
- 25.I am losing my (ever-lovin' mind!

- 1.Psalm 22:24
- 2.Psalm 94:18
- 3.Psalm 147:3
- 4.Romans 8:28, John 11:35
- 5.Matthew 16:24-26
- 6.Lamentations 3:22-23
- 7.1 Corinthians 15:58
- 8.Job 23:10
- 9.2 Corinthians 12:10
- 10.Philippians 3:14, Romans 10:13
- 11.Hebrews 12:1-2
- 12.Matthew 10:30-31
- 13.Psalm 30:5
- 14.Philippians 4:8
- 15.Psalm 23:4
- 16.John 16:33
- 17.Isaiah 57:18-19
- 18.Psalm 118:24
- 19.Galatians 1:10
- 20.Nahum 1:7
- 21.Psalm 139, Hebrews 4:16
- 22.Hebrews 12:3
- 23.Hebrews 10:23, Jude 22
- 24.Psalm 25:1-3
- 25.Mark 5:36

WATCH OUT FOR ANTS - AUTOMATIC NEGATIVE THOUGHTS:

- I am the victim here!
- Nobody wants to be my friend.
- No one ever talks to me.
- Everybody thinks I am an idiot.
- This always happens to me!
- Believing and saying that your past determines your future.
- The grass is greener on the other side.
- This is making me sick (if you keep thinking that - it will!) I am so tired.
- I am so hurt.
- I am so mad

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Philippians 4:8

Fix your thoughts on what is: (list all descriptive words from various translations)

_____	-	_____
_____	-	_____
_____	-	_____
_____	-	_____
_____	-	_____
_____	-	_____
_____	-	_____
_____	-	_____
_____	-	_____
_____	-	_____

Vs. 8 - Keep _____ all you’ve learned...
Then the God of peace will be with you.

Isaiah 26:3 – You will keep in _____ all who trust in you,
all whose _____ are _____ on you.