

# Mindful Hearts

Fashioned By God



## Think Differently

- THINKING DIFFERENTLY TAKES DESIRE, PRACTICE, AND OUR UNENDING LOVE FOR THE LORD
- THINK: Is this true? Helpful? INSIGHTFUL? Necessary? Am I being kind to myself? Bonus: What would I tell someone I love if they were thinking this?
- REMEMBER THAT YOU ARE LOVED AND ACCEPTED BY GOD

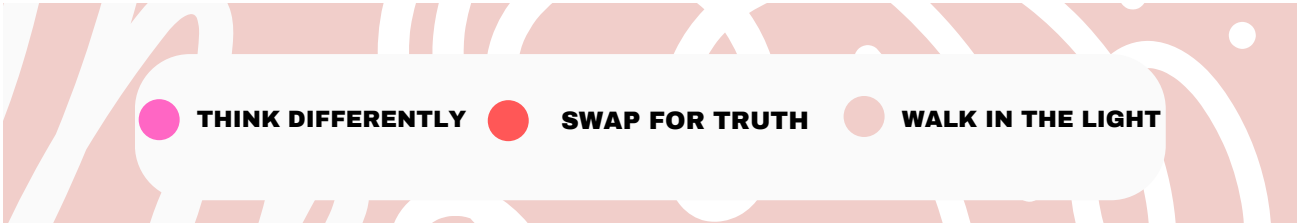
## Validate & Swap for the Truth

- YOUR THOUGHTS WILL BE AFFIRMED BY HIS WORD, AND YOUR EMOTIONS WILL BE RESTORED BY THE TRANSFORMATION THAT ONLY GOD CAN BRING INTO YOUR LIFE -
- SWAP: Surrender, Validate your feelings, and release them to Him- Worship through it- Affirm who He is - Pray His promises given to you and declare them over your situation.
- Surrender/Worship/ Affirm/ Pray His promises
- ONCE YOU HAVE VALIDATED YOUR EMOTIONS AND REFRAMED YOUR THOUGHTS WITH THE TRUTH OF GOD: YOU WILL HAVE HEALING THAT IS EVERLASTING. Psalm 147:3 & Philippians 4:8

## Walk

W	A	L	K
Worship is your Weapon	Ask for Wisdom	Learn & Apply	Kingdom Building
Praise Psalm 22:3	Wisdom Jame 1:5	Application Philippians 4:9	Build the Kingdom Mark 16:15

2 Chronicle 5:13  Psalm 22:3	1 Kings 4:29  Matthew 7:24  Proverbs 16:16	2 John 1:9  1 John 2:27  Proverbs 1:5	Act 1:8  Romans 10:14-15  Jonh 15:16
Psalm 8:2  Psalm 149:5-9	Ephesians 1:16-17  Proverbs 12:15	Provers 18:15  Proverbs 4:11	Ephesians 4:16  Matthew 4:19-20
Praise helps us get closer to Go. Know God and break the enemy’s oppression over your life.	When we ask for wisdom, it allows us to operate according to His will for our lives. Wisdom will get us closer to God.	“Learning and understanding God’s wisdom isn’t simply about reading his word. We must accept the advice written and don’t let stubbornness keep us from obeying Him. Additionally, obeying God means allowing him to discipline us when needed and correct things against Him.”	Lives need saviors it is our time to reach the lost and build others so that they know how to stand firm in Christ.



NEVER FORGET

YOU ARE LOVE BY HIM

THIS PROMISES FOR YOU	SCRIPTURE
I am competent not in my own abilities but because He has made me competent by His Spirit.	2 Corinthians 3:5-6
I have the mind of Christ; therefore, I act in a way consistent with His actions.	1 Corinthians 2:16
The Spirit indwells me; therefore I am the temple of the living	2 Corinthians 6:16

God.	
I can exhibit the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.	Galatians 5:22–23
I have not been given the spirit of this world; rather, I have the Spirit of God that I might know the mind and will of God for me.	(1 Corinthians 2:12)
Rivers of living water flow out of my inner being.	(John 7:37)
I have been chosen by God to bring forth fruit that shall remain.	(John 15:16)
No matter my past, I am forgiven of my sins because of the lavishness of His grace upon me.	(Ephesians 1:7)
I am known, chosen, redeemed, forgiven, fearfully and wonderfully made, adopted into the family of God.	

- Website: [www.mindful-hearts.com](http://www.mindful-hearts.com)
- Social Media: [@melodiestoyourheart/](#) [mindfulheartsn](#)
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