

TRUE NORTH

Your True Self

Module 3, Video 3



North Star Quote:

“When you ask God to help you, he will every single time. We need to be delivered from evil over and over.”

Re-wire Your Brain Process

1. Become aware when an untrue, negative train of thought is pulling up to the “station” and demanding attention. If you feel stress, tension, or a sinking feeling in the pit of your stomach, that may indicate a negative pattern is about to begin.
2. DON'T get on the train. Imagine pressing a pause button in your brain.
3. Stop what you're doing and take a deep breath.
4. Surrender the thought to God. Throw your hands in the air, literally or figuratively, and give him control. Ask for his help. This accomplishes two things:
 - a. It gives God an opportunity to prove his love for you, which he is so happy to do,
 - b. It strengthens your trust in him which will grow your trust in every other area.
5. Once the negative thought is gone, go do something good. Say a prayer of thanks and involve yourself in something that keeps you healthily occupied.
6. Be persistent. The devil cannot win if you are persistent.

Re-focusing Your Action Plan

- How's your action plan from Module 1 coming along? Look at what you've done so far.
- If you haven't taken action yet, do it now!
- Have you found out information that means the plan needs to be readjusted? If so, write it down below.
- Remember, decision time is coming up in just two weeks!