

2 Timothy: Brain Training

Life Steps | August 25 & 26, 2018

Monday

2 Timothy 4:2-3

The local church in Ephesus was being divided by toxic cultural factions. In your opinion, what are some of the toxic behavioral issues of our culture that are infecting and harming the mission of the Church? Pray for the mission of the Church, asking God how you can be a part of the solution.

Tuesday

2 Timothy 4:5

Identify the triggers that prompt you to act or speak in such a way that does not reflect well on Jesus. Use this template as a tool: "When _____ happens I feel _____. Ask a friend or family member to confirm or add to your trigger list.

Join the conversation on our Facebook page for Tuesday's Life Step!

[facebook.com/PathwayChurchBurleson](https://www.facebook.com/PathwayChurchBurleson)

Wednesday

Luke 15:11-20

The son told himself that he was no longer worthy to be called his father's son. (vs. 19) The Father refuted that false story by giving him a big hug and kiss. Identify any false stories you are telling yourself and define reality the best you can.

Thursday

Haggai 1:5 | 2 Corinthians 10:5

Journal some of your reoccurring negative or paralyzing thoughts and feelings that you would like to become obedient to Christ. Write a short prayer for each thought and feeling, submitting them to God.

Friday

Philippians 4:4-7

Using Paul's instruction as a guideline, write out a prayer in your journal so that the peace of God will guard your heart and mind.

Saturday

Philippians 4:8

Saturday is a great day to refuel. Write in your journal what God says is true, noble, right, pure, lovely, admirable, excellent and praiseworthy about you in Christ. Review this journal entry often.

Sunday

Psalms 13

What are the dominant thoughts with which you are wrestling and it feels like the enemy is winning? What would it look like for you to trust God's unfailing love in the midst of these thoughts? Review your Saturday journal entry.