

# Transform Your Thoughts Journal

*“Let God transform you into a new person by changing the way you think.”  
Romans 12:2a, NLT*

**Ready to discover how to transform your thoughts by using a simple, effective journaling technique?**

This Transform Your Thoughts Journal shows you a technique that is biblical and effective. When you jot down life-sapping, ungodly thoughts and replace them with uplifting, God-honoring thoughts, you’ll accomplish at least 4 things:

1. Become aware of life-sapping, ungodly thoughts.
2. See a connection among your thoughts, emotions, and actions.
3. Exchange uplifting, God-honoring thoughts for ungodly thoughts.
4. Experience better emotions and actions.

Hand in hand with thought transformation are these two truths:

**Your thoughts flow from your heart, which is the seat of your deepest desires.**

**A healthy heart is Christ-centered; an unhealthy heart is me-centered.**

*“For as he thinks in his heart, so is he.” Proverbs 23:7, NKJV*



Your heart reflects what is within you. It exposes your deepest desires.

*“A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart.*

*For the mouth speaks what the heart is full of.” Luke 6:45, NIV*

From your heart flow your thoughts, emotions, and actions.

The influence of your heart on your thoughts-emotions-actions is powerful.

A healthy heart is Christ-centered and has healthy, godly thoughts. An unhealthy heart is me-centered and has unhealthy, ungodly thoughts.

New, better thoughts lead to new, better emotions and new, better actions.

Your thoughts become part of your beliefs which form your desires. Your beliefs remain until new thoughts challenge them, and new beliefs result.

**Thought transformation is NOT behavior modification.**

**It is renewal of your core BELIEF system.**

Are you seeing the importance of thought transformation?

Do you have an inkling of how your thoughts influence your beliefs, and vice versa? And how your heart exposes your deepest desires?

As you work through this journal, you will learn how to line up your thoughts with God’s thoughts as revealed in the written Word, commonly called the Bible. You’ll also see the effect of your thoughts on your emotions and actions. You’ll connect your actions with what you have stored in your heart.

I pray you use this practical, solution-focused journal for transforming thoughts. Check out more Hope for Your Heart resources at [LucyAnnMoll.com](http://LucyAnnMoll.com).

*We take captive every thought to make it obedient to Christ.*

*2 Corinthians 10:5b, NIV*



# How to Use the *Transform Your Thoughts Journal*

**First**, describe the circumstance. Here is an example of Part 1 of thought journaling.

Difficult circumstance (i.e., what was going on?): My husband and I argue a lot. Our arguing increased about the same time our teen got new, sketchy friends and began using marijuana and drinking alcohol.

**Next**, write your thoughts, emotions, and resulting actions. You may think your emotions come first. Thoughts do. Emotions and actions follow thoughts.

Your journal might look like this:

THOUGHTS	EMOTIONS	ACTIONS
"I'm a horrible mother."	Anger	Grounded teen.
"My husband's yelling makes me feel bad."	Frustration	Cried.
"Is this every going to get better?"	Fear	Replayed arguments my head.
"My husband's part of the problem."	Sadness	Called a friend.
"She used to be a good. How did I screw up?"	Worry	Yelled at my kid.



Now select a real circumstance in your own life and try it yourself. You'll benefit the most when you actually do the work of thought journaling. Reading about it isn't enough. You need to learn this method. The best way is by doing it.

There are three blanks for you to get used to this new method. Use each one, selecting different circumstances.

Then you'll get to move on to Part 2 of thought journaling. In Part 2 you'll learn how to replace life-sapping thoughts with uplifting, God-honoring thoughts.

Difficult Circumstance (i.e., what was going on?):

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THOUGHTS

EMOTIONS

ACTIONS



Difficult Circumstance (i.e., what was going on?):

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THOUGHTS

EMOTIONS

ACTIONS



Difficult Circumstance (i.e., what was going on?):

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THOUGHTS

EMOTIONS

ACTIONS

How did Part 1 go? Were you able to select three difficult circumstances and identify your thoughts, emotions, and actions? In Part 1 you started to become aware of your life-sapping thoughts and see a connection between them and your emotions and actions. **This is a big step in the right direction!**



Before you hop into Part 2 and exchange life-sapping thoughts for uplifting, God-honoring thoughts, would you mind doing a warm up?

Think of a happy circumstance in your life and jot it down. Then identify your thoughts, emotions, and actions that naturally flow from it.

Happy Circumstance (i.e., what happy thing was going on?):

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THOUGHTS

EMOTIONS

ACTIONS



Did you notice that from a happy circumstance naturally flowed positive thoughts, positive emotion, and positive actions?

**It looks like this:**

**Relaxing vacation → “I feel great.” → peace, calm → read for pleasure, laughter**

**Child scores goal → “Practice paid off!” → excited → grin, shout “good job!”**

**Get a pay raise → “Now I can increase savings” → relieved → make new budget**

The happy thoughts, emotions, and actions flowed **naturally** from a happy circumstance. But real life has twists, turns, and potholes, doesn't it?

Your car breaks down during your vacation, your child is cut from the team, you get laid off. How do you conjure up happy thoughts in difficult circumstances?

In your own power you cannot. In God's power, you can find **supernatural** peace and contentment, calm and happiness. He gives you everything you need to live a godly life (2 Peter 1:3). The apostle James writes,

*“Count it all joy, my brothers and sister, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.” (James 1:2-4, ESV)*

Christians are joyful because we are saved and God is using your difficult circumstances to transform you into the image of Jesus Christ. Dr. Frank Crane, minister and essayist, wrote, “Growth is God's plan.”





**Try to think of your difficulties as growth opportunities. Now let's turn your thoughts around. Ready?**

In Part 2 of thought transformation you'll see how to exchange a life-sapping thoughts for uplifting God-honoring thoughts. Let's start with "I'm a horrible mother" from page 3. The circumstance remains the same. You and your husband are arguing a lot ever since your teen began using marijuana and drinking alcohol with her sketchy friends. This was your primary thought, emotion, and action.

THOUGHT	EMOTION	ACTION
"I'm a horrible mother."	Anger	Grounded teen.

**Ask if your thought is true.** Is it a fact that you are a horrible mother? Chances are, you are a loving, stressed-out mom who feels scared, angry, and overwhelmed, searching for solutions to help your teen.

However, if your thought is true and you are a horrible mother – perhaps you **consistently** neglect your daughter or you **consistently** slice and dice her with jagged words, then confess your wrongdoing to the Lord and to your daughter, and repent. I have a "Do a U-Turn" resource that outlines biblical repentance at [LucyAnnMoll.com](http://LucyAnnMoll.com)

If your thought is untrue, then you're believing and repeating a lie. You know you need to stamp out the lie, but how? You replace the lie with God-honoring truth based in the Bible.



For instance, replace the life-sapping lie “I’m a horrible mother” with the uplifting biblical truth such as, “Even though my daughter’s choice to do drugs upsets me, God promises that he is with me, guides me, and comforts me. He is trustworthy.”

You can learn to replace lies you believe with the truth too.

Don’t deny that the circumstance is difficult. It is!

Begin your new thought with something like, “Even though \_\_\_\_\_  
\_\_\_\_\_, God promises \_\_\_\_\_.”

Then new emotions and actions replace your old emotions and actions.

Here’s what it looks like:

NEW THOUGHT

“Even though my teen has made poor choices, God promises to give us wisdom when we ask for it and to be with my family and me.

NEW EMOTIONS

Peace, hope

NEW ACTIONS

With your spouse, pray and ask God for wisdom and thank him for his comfort.

On the next page are more examples of other common scenarios.



NEW THOUGHT

“Even though my husband’s yelling bothers me, God promises that he’ll never reject me and he’ll show me how to speak the truth in love.

NEW EMOTIONS

confidence, peace

NEW ACTIONS

pray for God’s help, be slow to speak (James 1:19)

NEW THOUGHT

“Even though it seems like things will never get better, God is in control. He promises to comfort, strengthen, and give me insight.”

NEW EMOTIONS

hope, contentment

NEW ACTIONS

thank God, smile, spend time with friends

**Your turn:**

NEW THOUGHT

“Even though \_\_\_\_\_  
\_\_\_\_\_,  
God promises \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.”

NEW EMOTIONS

\_\_\_\_\_

NEW ACTIONS

\_\_\_\_\_



As Part 2 nears a close, let's put together what you've learned. Review your thought transformation sheets on pages 4, 5, and 6. Do you now see how you can change your life-sapping thoughts into God-honoring truths?

Here are additional sheets to transform your thoughts.

Difficult Circumstance (i.e., what was going on?):

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THOUGHTS

EMOTIONS

ACTIONS

NEW THOUGHT

NEW EMOTIONS

NEW ACTIONS



HOPE FOR YOUR HEART RESOURCE

Difficult Circumstance (i.e., what was going on?):

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THOUGHTS

EMOTIONS

ACTIONS

NEW THOUGHT

NEW EMOTIONS

NEW ACTIONS



**Transforming your thoughts is absolutely necessary to live the Christian life!**

**It is a lifelong process.**

May I encourage you? As you get into the habit of replacing life-sapping thoughts with uplifting and truthful God-honoring, three things happen:

- 1. You'll more quickly identify your life-sapping thoughts.**
- 2. You'll more quickly replace them with uplifting, God-honoring thoughts.**
- 3. You'll experience improved emotions and actions because you are obeying God and making every thought captive to Christ.**

As you put off life-sapping thoughts and put on God-honoring thoughts, you are living out who you are in Christ: a child of God!

*"The Spirit himself testifies with our spirit that we are God's children."*

*Romans 8:16, NIV*

Like Jesus who prayed to the Father, "not my will, but yours be done," you too can choose to have a heart submitted to God's will.

Your thoughts flow from your heart. A Christ-submitted heart thinks uplifting and God-honoring thoughts. What changes in your thinking have occurred since filling out the Thought Transformation sheets? \_\_\_\_\_

\_\_\_\_\_

What changes have you experienced in your emotions? \_\_\_\_\_

\_\_\_\_\_



What changes have you experienced in your actions? \_\_\_\_\_

\_\_\_\_\_.

This may help you identify and celebrate the heart change you're already seeing in your life as the Holy Spirit works in you. I've provide a couple of examples.

I used to yell at my kids . Now I use a calm voice .

I used to try to get people to like me . Now I want to please God most of all .

I used to \_\_\_\_\_ . Now I \_\_\_\_\_ .

I used to \_\_\_\_\_ . Now I \_\_\_\_\_ .

I used to \_\_\_\_\_ . Now I \_\_\_\_\_ .

I used to \_\_\_\_\_ . Now I \_\_\_\_\_ .

## *A Prayer of Thanksgiving*

Heavenly Father,

Thank you for helping me transform my thoughts. I know it is your desire that my thoughts line up with your thoughts and that my emotions and actions honor you. I confess that sometimes my thoughts were ugly. Help me think thoughts that are true, noble, right, pure, lovely, and admirable. I'm choosing to trust in you. I pray in the amazing name of Jesus. Amen.

