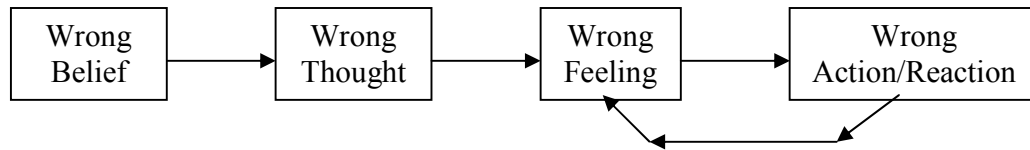
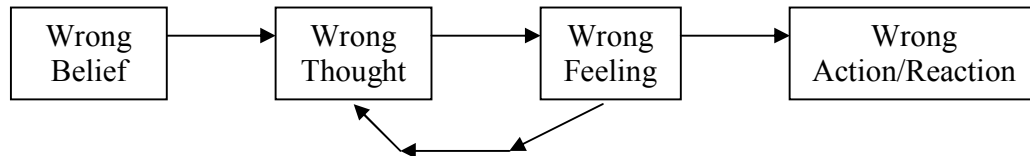


## A SIMPLE PROCESS FOR EVALUATING YOUR THOUGHTS

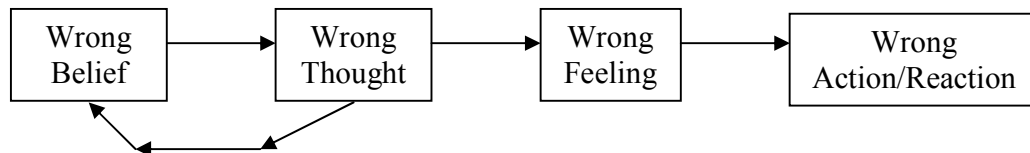
### 1. Trace Every Action To A Feeling



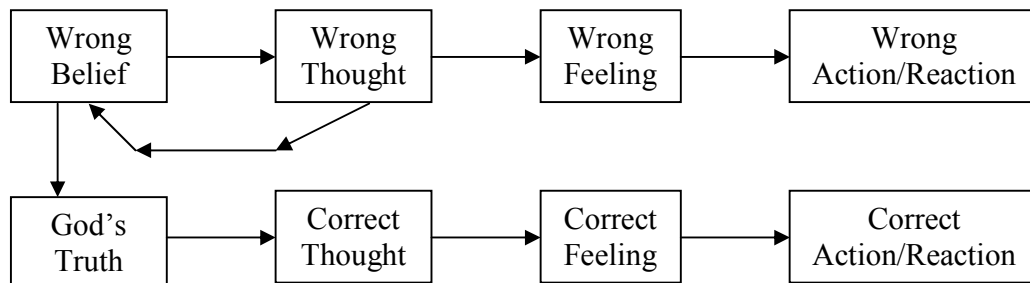
### 2. Trace Every Feeling To A Thought



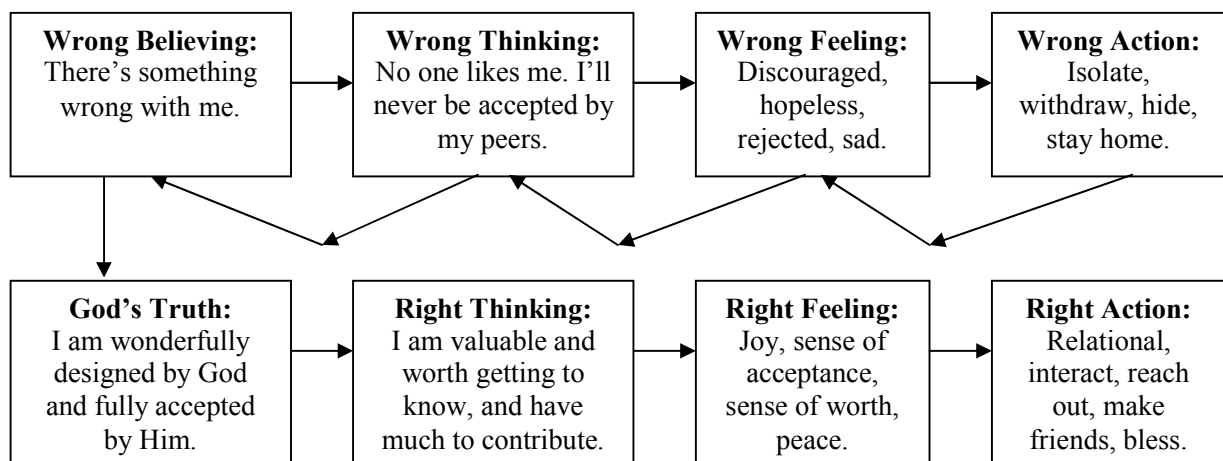
### 3. Trace Every Thought To A Belief



### 4. Reject The Wrong Belief, And Affirm God's Truth



## A COMMON EXAMPLE



## A BIBLICAL EXAMPLE

Assignment: Exodus 3:10, NIV – “So now, go. I am sending you to Pharaoh to bring my people the Israelites out of Egypt.”

Wrong Action	Wrong Feeling	Wrong Thinking	Wrong Belief	God’s Truth
Question God Doubt Self Refusal	Fear	Ex. 3:11 – “ <i>Who am I, that I should go to Pharaoh and bring the Israelites out of Egypt?</i> ”	I’m a nobody. I’m inadequate. I’m don’t have what it takes.	Ex: 3:12 - “ <i>I will be with you.</i> ” (You are a somebody when I’m with you).
	Self-doubt.	Ex: 3:13 – “[if] they ask me, ‘What is his name?’ Then what shall I tell them?”	I don’t really know God. Who do I think I am, speaking on God’s behalf?	Ex: 3:14 – “ <i>This is what you are to say to the Israelites: ‘I AM has sent me to you.’</i> ” (I have given you a special revelation of me).
	Poor self-image.	Ex: 4:1 – “ <i>What if they do not believe me or listen to me and say, ‘The LORD did not appear to you?’</i> ”	I don’t have any proof. Why would anyone believe me? Why would God appear to me?	Ex: 4:5 – “ <i>This ... is so that they may believe that the LORD ... has appeared to you.</i> ” (I will perform miracles through you as proof).
	Feeling Inadequate	Ex: 4:10 – “ <i>... I am slow of speech and tongue.</i> ”	I just can’t do it. I am a poor choice.	Ex: 4:12 – “ <i>I will help you speak and will teach you what to say.</i> ” (I will supply everything you need).
		Ex: 4:13 – “ <i>O Lord, please send someone else to do it.</i> ”	I am not able. You made a mistake.	Ex: 4:16 – “[Aaron] will speak to the people for you.” (I’ll give you helpers).

## THE END OF THE STORY – BREAK-OUT!!!

- Exodus 4:2, NIV – (2) Then the LORD said to him, “What is that in your hand?” “A staff”, he replied.
- Exodus 4:3, NIV – (3) The LORD said, “Throw it on the ground.” “Moses threw it on the ground and it became a snake, and he ran from it.”
- Exodus 4:4, NIV – (4) Then the LORD said to him, “Reach out your hand and take it by the tail.” So Moses reached out and took hold of the snake and it turned back into a staff in his hand.
- Exodus 4:16-17, NIV – (16) Aaron will speak to the people for you, and it will be as if he were your mouth and as if you were God to him. (17) But take this staff in your hand so you can perform miraculous signs with it.
- Exodus 4:20, NIV – (20) So Moses took his wife and sons, put them on a donkey and started back to Egypt. And he took the staff of God in his hand.