

MAP *to* TRUTH

If you find yourself circling the same lies, consider taking some time to work through the Map to Truth on page 2 of this pdf.

This is the biblical process of

- **PAYING ATTENTION** (Psalm 139:23-24)
- **DRAWING THE MAP** (2 Corinthians 10:5)
- **RENEWING YOUR MIND** (Romans 12:2)

You won't always need to do this, but some lies just get stuck and take more work.

This work **paves NEW ROADS** in your brain and rewriting lies will become more intuitive.

Don't get discouraged if a new lie surfaces, do the work again: pay attention, draw the map and renew your mind.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good, pleasing and perfect will.

ROMANS 12:2

SMALL GROUP DISCUSSION:

How were emotions, both the easy and challenging ones handled in your home growing up?

- What are you angry about?
- What are you sad about?
- What are you anxious about?
- What are you glad about?

Where or with whom in your life is it hard to be yourself? (to speak honestly, able to say "no", not worry afraid of what others think?)

What is one way you want to do better in the way you handle emotions? (pay attention, understand the emotion, renew your mind, be helpful or be truthful)

DIG DEEPER:

Read Chapter 2 in Emotionally Healthy Spirituality by Pete Scazzero

ADDITIONAL RESOURCES:

In and Out - movie by Pixar (a must for adults & kids)
 Anatomy of the Soul by Curt Thompson
 Soul of Shame by Curt Thompson
 Switch on Your Brain by Caroline Leaf
 Get Out of Your Head by Jennie Allen
 Switch app and prayer guide : theswitch.app

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"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

PSALM 139 : 23-24

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graph TD; A[WHAT happened?  
(ex: I didn't get a promotion at work)] -.-> B[HOW did the event make me feel?  
(use the Feelings Wheel if you need help)]; B -.-> C[WHY do I feel that emotion?]; C -.-> D[WHERE do you feel these emotions in your body?]; D -.-> E[MYSELF  
Through this experience and the emotions I am feeling, how am I am seeing/viewing/thoughts/core beliefs I am thinking about myself? And how am I treating myself because of these thoughts and beliefs?]; D -.-> F[OTHERS  
Through this experience and the emotions I am feeling, how am I am seeing/viewing/thoughts/core beliefs I am thinking about others? (ex. the person who got the promotion) And how am I treating others because of these thoughts and beliefs?]; D -.-> G[GOD  
Through this experience and the emotions I am feeling, how am I am seeing / viewing / thoughts / core beliefs I am thinking about God? And how am I treating God because of these thoughts and beliefs?]; E -.-> H[WHAT DOES GOD'S WORD SAY?]; F -.-> H; G -.-> H; H --> I[Search the scriptures for Truth - what God's word says about you, others and Himself.]; I --> J[Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God, And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.]; J --> K[PHILIPPIANS 4:6-9];
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WHAT happened?
(ex: I didn't get a promotion at work)

HOW did the event make me feel?
(use the Feelings Wheel if you need help)

WHY do I feel that emotion?

WHERE do you feel these emotions in your body?

MYSELF Through this experience and the emotions I am feeling, how am I am seeing/viewing/thoughts/core beliefs I am thinking about myself? **And how am I treating myself because of these thoughts and beliefs?**

OTHERS Through this experience and the emotions I am feeling, how am I am seeing/viewing/thoughts/core beliefs I am thinking about others? (ex. the person who got the promotion) **And how am I treating others because of these thoughts and beliefs?**

GOD Through this experience and the emotions I am feeling, how am I am seeing / viewing / thoughts / core beliefs I am thinking about God? **And how am I treating God because of these thoughts and beliefs?**

WHAT DOES GOD'S WORD SAY?

Search the scriptures for Truth - what God's word says about you, others and Himself.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God, And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

PHILIPPIANS 4:6-9

FEELINGS WHEEL

