



# SCRIPTURE & THE MIND

# THOUGHT JOURNAL



Biblical Study of Mental Health  
Wellness and the battle for the Mind

# THINK ABOUT WHAT YOU ARE THINKING ABOUT

Your mind is the most important ground you will ever tend. Every action, every mood, and every reaction begins as a single, quiet thought. Scripture reminds us in Proverbs 4:23 to "keep your heart with all vigilance, for from it flow the springs of life." When we track our thoughts, we aren't just taking notes; we are practicing the holy discipline of taking "every thought captive to obey Christ" (2 Corinthians 10:5).

In the rush of life, it is easy to let lies, anxieties, and "what-ifs" grow like weeds in the garden of our hearts. By writing them down, you bring those hidden thoughts into the light where they lose their power. You begin to see the patterns of God's faithfulness and identify the specific areas where He is calling you to heal and grow. This journal is your invitation to slow down, lean into the Holy Spirit, and replace the noise of the world with the gentle, transformative truth of God's Word.

## How to Use This Thought Tracker

Think of this journal as a safe conversation between you and the Lord. It is not about perfection; it's about presence.

- **Be Raw and Honest:** Don't edit your feelings before you write them. God already knows your heart, and healing begins with honesty. If you are frustrated, anxious, or weary, put it on the page.
- **Identify the "Why":** When you catch a recurring thought, ask yourself: *Is this based on God's promises, or is it based on a temporary feeling?* Use the columns to bridge the gap between your emotions and the Truth.
- **Listen for the Pivot:** After recording a heavy thought, spend a moment in silence. Ask the Holy Spirit to provide a "Pivot Scripture"—a verse that counters the struggle you just wrote down.
- **Review with Grace:** At the end of each week, look back. You will be amazed to see how many "mountains" God helped you climb and how His peace began to guard your heart and mind (Philippians 4:7).

**Remember:** *You are not a victim of your thoughts; through Christ, you are the steward of them.*

Happy journaling, and may your mind find its rest in Him!

# Step #1: THE THOUGHT GUARD CHEAT SHEET

*“Whatever is true, whatever is noble, whatever is right... think on such things.” —  
Philippians 4:8*

## THE "WEEDS" (Common Thought Traps)

*Check your thoughts against these five categories:*

- **The Fortune Teller:** Expecting the worst-case scenario.
  - *Sign:* Using "what if" to create a scary future.
- **The Perfectionist:** Viewing life as "all or nothing."
  - *Sign:* Thinking one mistake makes you a total failure.
- **The Mind Reader:** Assuming others are judging you.
  - *Sign:* Deciding what others think without them telling you.
- **The Labeler:** Defining yourself by a feeling or a moment.
  - *Sign:* Saying "I **am** a mess" instead of "I'm **feeling** messy."
- **The Discount-er:** Focusing only on the negative.
  - *Sign:* Ignoring 10 blessings to obsess over one problem.

## Why This Works

- **Awareness:** You stop the "spiral" by naming it.
- **Patterns:** You might realize you only **Fortune Tell** on Monday mornings or only **Mind Read** around a specific person.
- **Distance:** Labeling the weed reminds you that the thought is **separate** from who you are in Christ.

# Step #2: THE TRUTH FILTER

Ask these four questions before you believe a thought:

- Who is talking? Does this sound like a Loving Father (grace) or an Accuser (shame)?
- Where is the proof? What facts support this? What facts prove it wrong?
- What is the fruit? Does this thought bring me peace or does it breed panic?
- Is it Scriptural? Would Jesus say this to me right now?

## Step #3 THE SEED EXCHANGE (The Pivot)

*When you find a "Weed," pull it and plant a "Seed":*

<b>The Weed (The Lie)</b>	<b>The Seed (The Truth)</b>	<b>The Roots (Scripture)</b>
"I'm all alone in this."	"God is with me right now."	Joshua 1:9
"I can't handle this."	"Christ's strength is enough."	2 Cor. 12:9
"I've messed up too much."	"God's mercy is new today."	Lam. 3:22-23
"I have to be perfect."	"I am a work in progress."	Phil. 1:6
"Something bad will happen."	"My future is in His hands."	Jer. 29:11

The following page is all of this in one place. A way to focus your thoughts in one place. YOU can copy and make your own style in your own journal, or print this page. As you go throughout your day, make mental notes (carry a small note book or use a note tracker app on your phone) of ALL your thoughts. Record them using this three step process. For a deeper introspection, the next page are deeper journal prompts on evaluating what you have learned about your thoughts for the day. Choose just one of these prompts each night. Deeply reflecting on one truth is often more transformative than rushing through five.

<b>The Weed (The Lie)</b>	<b>The Seed (The Truth)</b>	<b>The Roots (Scripture)</b>

## **STEP 1: CATCH THE WEED (Identification)**

When your peace is disrupted, name the pattern. Which trap are you in?

- [ ] The Fortune Teller: Predicting a negative future.
- [ ] The Perfectionist: All-or-nothing, "failure" vs "perfect" thinking.
- [ ] The Mind Reader: Assuming others are thinking poorly of you.
- [ ] The Labeler: Turning a temporary mistake into a permanent identity.
- [ ] The Discount-er: Minimizing God's blessings to focus on one problem.

The Original Thought:

The Trigger (What happened?):

## **STEP 2: THE TRUTH FILTER (Evaluation)**

Put the thought on trial. Be honest and objective.

Evidence Check: *What are the actual facts vs. what I am feeling?*

Voice Check: *Does this sound like a Loving Father or a Harsh Accuser?*

Fruit Check: *Does believing this lead to peace or to panic/shame?*

## **STEP 3: THE SEED (The Pivot)**

*What is the **Truth** that replaces the Lie?*

God's Word says:

My new thought is:

## **EVENING RELEASE**

- What I'm surrendering tonight:

# **Beyond the Surface: Deeper Reflections & Spiritual Renewal**

## **Evaluating the Day's Patterns**

- **The Recurring Weed:** Looking over today's log, which "Thought Trap" appeared most often? Why do I think that specific lie feels so believable to me right now?
- **The Body Connection:** How did my physical body react when I let those negative thoughts run free today? (e.g., tight chest, headache, fatigue).
- **The Turning Point:** Was there a moment today where I successfully "caught" a thought before it spiraled? What made that moment different?
- **The God-Gap:** In the moments I struggled most, what attribute of God (His sovereignty, His presence, His love) did I forget or struggle to believe?

## **Transforming the Mind with the Word**

- **The Sword of the Spirit:** If I had to pick one verse I read today to act as a "shield" against tomorrow's most frequent trap, which one would it be?
- **The Scriptural Reframe:** How does God's Word describe the situation I was stressed about today? (e.g., Instead of "I am overwhelmed," the Word says "I am sustained").
- **The Identity Shift:** What is one "Label" I gave myself today that God's Word explicitly contradicts? Write out the verse that proves the label wrong.
- **Prayer for Renewal:** "Lord, as I sleep, I ask You to wash my mind with Your Truth. Tomorrow, when [Specific Trigger] happens, remind me of [Specific Verse]. How can I practically set this verse before my eyes tomorrow morning?"

## **The "Future-Grace" Strategy**

- **The Proactive Seed:** Knowing my typical triggers, what is one "Seed of Truth" I can plant in my heart tonight to prepare for tomorrow's challenges?
- **The Holy Spirit Partnership:** How can I better invite the Holy Spirit into my thought process earlier in the day tomorrow, rather than waiting until I am already overwhelmed?



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