

Thoughts. Feelings. Truth. Pocket Version

The Thoughts, Feelings, Truth Exercise was developed by Warfare of Grace to help men find Truth when their minds feel jumbled and confused. This “pocket-sized” version was created for men who are deeply familiar with the exercise already, and should not be used by men who are new to the exercise or their healing. For the pocket version we have removed the section explanations, examples and extra lines, as well reducing the size of the text throughout.

What is your present context? _____

Your Thoughts: _____

Feelings: _____

Pause and Visualize: _____

Pause and Reflect: _____

Write the Reality: _____

Pause and Choose: _____

- *“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.” ~ Romans 12:1-2*
- *Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is. ~ Ephesians 5:15-17*
- *How sweet are your words to my taste, sweeter than honey to my mouth! Through your precepts I get understanding; therefore I hate every false way. Your word is a lamp to my feet and a light to my path. ~ Psalm 119:103-105*
- *So Jesus said to the Jews who had believed him, “If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.” ~ John 8:31-32*