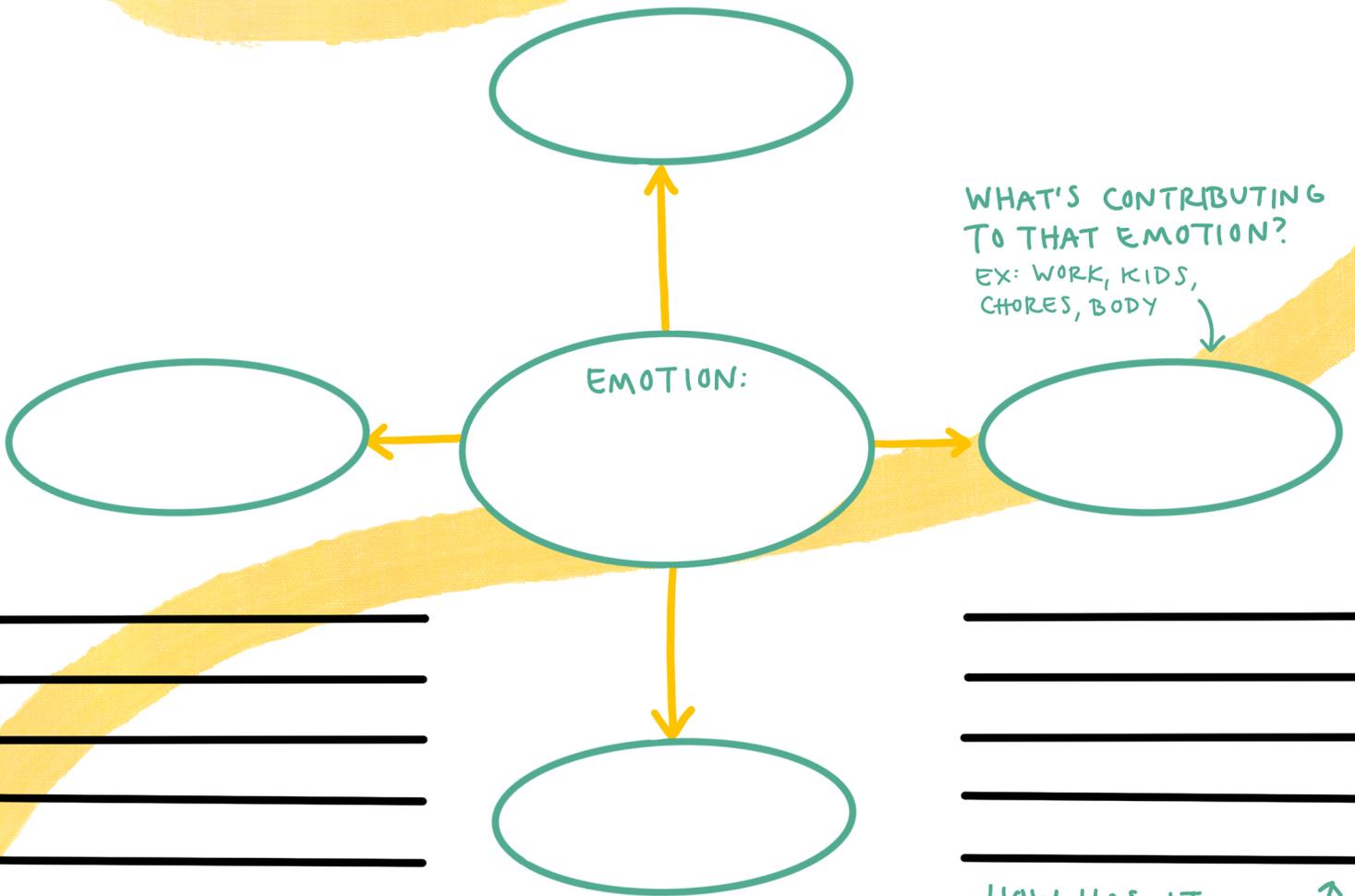


Mental Story Map

(page 52)

TALK TO
GOD ABOUT
IT!

WHAT DO
YOU BELIEVE
ABOUT GOD?



WHAT'S CONTRIBUTING
TO THAT EMOTION?

EX: WORK, KIDS,
CHORES, BODY

EMOTION:

HOW HAS IT
CONTRIBUTED TO
EMOTION?

EX: DISAGREEMENT,
PROJECT DUE,
ANXIOUS / EXCITED /
WORRIED ABOUT...

YOU HAVE A CHOICE!



GET OUT OF YOUR HEAD
by JENNIE ALLEN

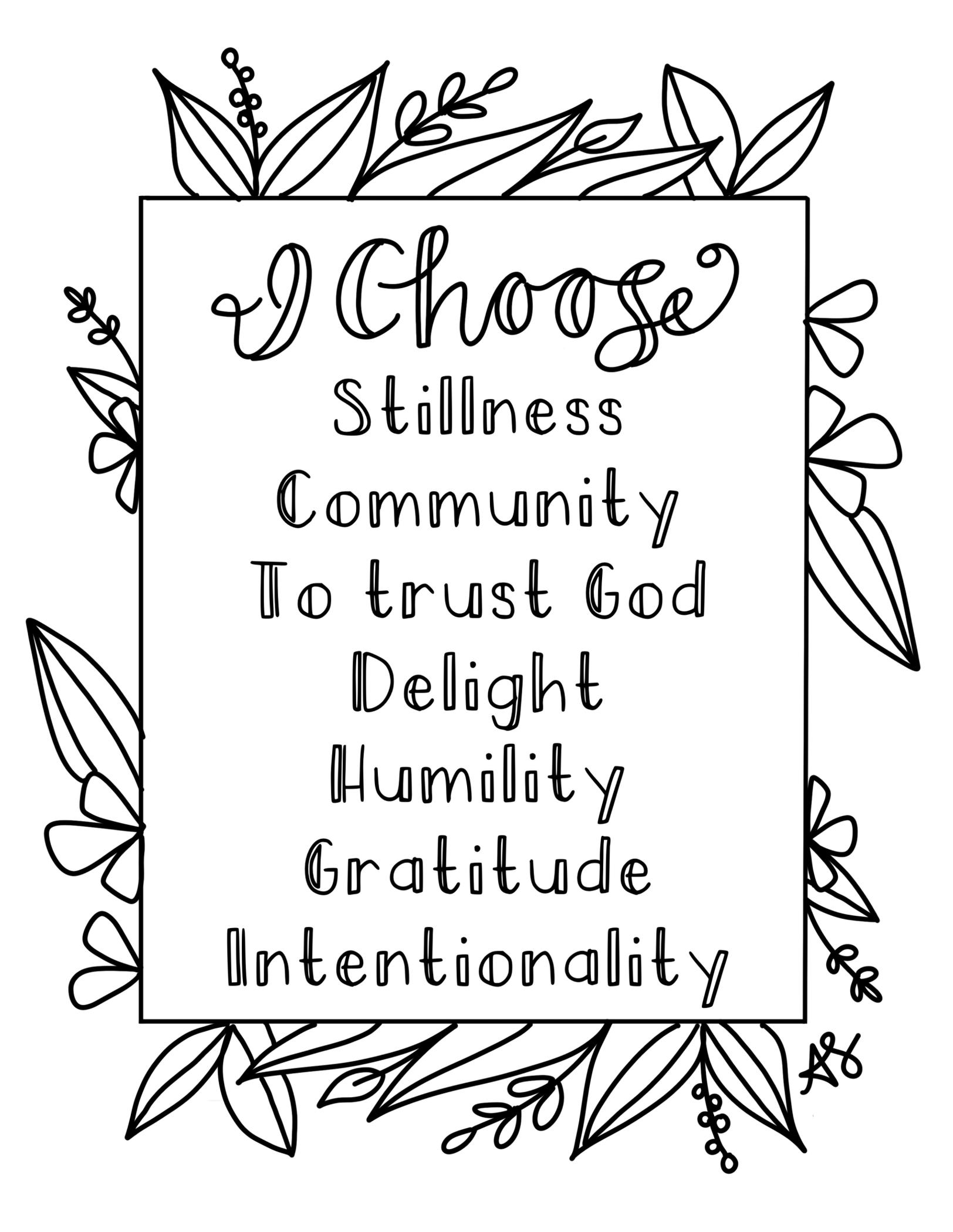
EMOTION	THOUGHT	CONSEQUENCE	I CHOOSE	NEW THOUGHT	BLESSING
DISCONTENT	I'll feel better if I stay distracted.	Insecure	...TO BE STILL	Only being with God can satisfy me.	SECURE
SHAME	I can solve my own problems.	Lonely	...TO BE KNOWN	God made me to live known and loved.	KNOWN
FEAR	I can't trust God to take care of me.	Anxiety	...TO SURRENDER	God is in control of every day of my life.	UNAFRAID
HURT	People are not trustworthy and life won't work out.	Cynical	...TO DELIGHT	God is trustworthy and will work all things out in the end.	TRUSTING
ANGER	I am better than other people.	Unknown/Feeling Unloved	...TO SERVE GOD AND OTHERS	The more I choose God and others over myself, the more joyful I will be.	SELFLESSLY SERVES OTHERS
SELF-PITY	I am a victim to my circumstances.	Consistently Unhappy	...TO BE GRATEFUL	My circumstances are an opportunity to experience God.	JOYFUL
STRESS	I can do whatever I want.	Bored	...TO SEEK THE GOOD IN OTHERS	God has set me free to seek the good of others over my own comfort.	EFFECTIVE

BECAUSE JESUS...

- Stole away from the crowds to be with His Father
- Chose to live in community with 12 men before he ascended into heaven
- Trusted the Heavenly Father in His deepest moment of grief before He went to the cross
- Had every reason to become a cynic about the world's brokenness yet chose to love sinners
- Won the victory over sin and death and has made us "more than conquerors" through His love
- Didn't leave us alone but promised us the Holy Spirit as our helper
- Chose these things

YOU CAN CHOOSE...

- To be still with God instead of distracting yourself
- To let people know you instead of isolating yourself
- To stop being afraid of what the future holds and trust God
- To delight in God and the people around you
- To be grateful no matter what
- To get out there and do something
- To do the same!



I Choose

Stillness

Community

To trust God

Delight

Humility

Gratitude

Intentionality