

# R.E.N.E.W. Your Mind

Use this sheet to work through any lies or rationalizations that pop up while you're on this journey of choosing *Christ Over Cookies*.

**Recognize the lie or rationalization.** Write it down below.

**Erase it.** Go back up and put a line through or scribble through that lie.

**New thought.** Write the new thought that you want to have instead.

**Echo it.** Repeat that new thought out loud right now 7 times

**Word of God.** Find verses that confirm that new thought & write them below.