



## Study Guide, Episode 42: How to Change Thoughts & Feel Like a Watered Garden

Isaiah 58-66

00:00-07:04	“QOTW: “How do I stop overthinking? Change? Feel ‘watered?’”
07:05-21:05	“In times of drought, we can be ‘like a watered garden’ & flourish”
21:06-28:00	“We can receive ‘Beauty for ashes, joy for mourning,’ be ‘trees of righteousness’”
28:01-44:27	“Thought management: How to change thoughts using a thought record”
44:28-END	“How to feel the Lord's love, be nourished, grow, and shine”

1. Do you feel like you're in a time of drought? What do you need right now to feel more “watered?” What is one thing you can do today to lead toward that goal?
2. How do your thoughts influence your feelings, body, and behavior? What needs to change? Listen to 28:01-44:27 and use the links/downloads below to set a goal to work on changing unhealthy, unhelpful, or untrue thoughts, so you may “watch yourself, and your thoughts” and feel “like a watered garden.”

### Articles/Downloads:

Thought Management, Part 1: The Link between Thoughts, Feelings, Body & Behavior:

<https://www.drchristinahibbert.com/thought-management-part-1/>

Thought Management, Part 2: How to Change your Thoughts, Thinking & Life using a Thought Record:

<http://www.drchristinahibbert.com/thought-management-part-2-how-to-change-your-thinking-and-your-life-using-a-thought-record-video/>

### Videos:

Change Your Thoughts w a Thought Record, 3-Minute Therapy

<https://www.youtube.com/watch?v=re8VbR0h1hU>

How to Use a Thought Record, part 1 <https://www.youtube.com/watch?v=hiwcYvqu9Tk>

How to Use a Thought Record, part 2 <https://www.youtube.com/watch?v=7LYup6psKGA>

3. How are you seeking to be a “light,” to “let your light so shine before (all)””? What is one thing you might do this week to heal, or increase, or share your light?
4. Remember a time when you felt the Lord's lovingkindness, mercy, love. Let it fill your body. Write about what this Love He has for you means & can do for you!

### Resources

FB: [Like a Watered Garden Podcast Discussion Group](#)

[Like a Watered Garden Website](#)

[Come Follow Me, Old Testament, Manual](#)

[Dr. Christina Hibbert Website](#)

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[Dr. Christina Hibbert YouTube](#), [Like a Watered Garden Video Playlist](#)