



## Study Guide, Episode 87—How to Change Your Thinking Using a Thought Record

### 2 Corinthians 8-13

00:00-12:13	"QOTW: How can I change my thinking, to have a more willing mind & heart?"
12:14-23:02	"Become a 'cheerful giver' & help the poor/needly"
23:03-43:11	"How to change your thoughts, using a thought record"
43:12-56:05	"What is your 'thorn in the flesh'; When I am weak, He is strong"
56:06-END	"Seek for & receive 'the unspeakable gift'"

1. What does it mean to you to bring "every thought into obedience"? How have you been able to change your thoughts? Where do you struggle with this? What have you done to work on this? What might you need to do? Write about this in your journal.
2. What does it mean to have "a willing mind"? What would that look, feel, be like? How "willing" is your mind, currently? What might you need to do to make your mind more "willing"? What is one way to work on this, this week?
3. What are some personal "thorns in the flesh" that have led you to turn to the Lord for relief or strength to endure? How might the Lord use these to bless you? (see 2 Corinthians 12:7–10). Write about this in your journal, and then share one of these with a family member or friend, this week.
4. Exercise: Change your thinking using a thought record. This week, start working on changing unhelpful, unhealthy, or untrue thoughts, using Thought Record, Part 1. Once you feel comfortable identifying automatic thoughts, teasing apart thoughts and feelings, and using Part 1, move on to Thought Record, Part 2. Use the articles/videos below to help you!
  - a. <http://www.drchristinahibbert.com/thought-management-part-1/>
  - b. <https://www.drchristinahibbert.com/thought-management-part-2-how-to-change-your-thinking-and-your-life-using-a-thought-record-video/>
5. What do you think Paul is referring to when he mentions the "unspeakable gift?" How might you better seek, receive and use this gift?
6. Read 2 Corinthians 13:5. Set aside time to "Examine Yourself" regarding your faith. How strong do you feel your faith is? What needs improvement? What's one way to work on becoming more faithful this week?

#### Resources

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