



Parent Guide, Part 2

Healthy Thinking for a Lifetime

Our Thoughts Affect Our Actions and Relationships

- Our **thoughts influence our actions**;
Our **thoughts and actions influence our relationships** with God, people, and self;
Therefore, healthy thinking patterns positively influence relationships with God, people, and self.
- **In addition to affecting relationships with God, people, and self, our thoughts also affect:**
 - Our character
 - Our ability to think clearly and effectively in school and in work
 - Our ability to make good decisions in every area of life
- The kinds of thoughts that we focus on form thinking habits in our brains. We all know that habits are hard to break! **It's a lot easier to train the brain with good thinking habits when we are young rather than to retrain it when older.** I am proof that it is possible to radically retrain bad thinking habits as an adult, but **let's give our kids the advantage while they are young!**

Transformation is a Process Over Time

- We should obey God's principles and commands, and we should also remember that **true and lasting change ultimately comes from His work.** We cooperate with His sanctifying work by trusting and obeying Him (such as by using the four steps of "The Battle Song" to stop harmful thoughts.) At the same time that we are working hard to obey, we also need to:
 1. Depend on who God is and on His faithfulness to keep His promises
 2. Put our confidence in God Himself, not in a method
 3. Trust in God, not in our ability to fight in our own strength
- Developing healthy thinking habits is a process over time. It takes **lots of practice and prayer and reliance on God's grace and power in our lives.** Don't give up when it gets hard. **Take heart, and "move on in the truth!"** 😊