

MIND GAMES

Learning God's Strategy for Winning the Battle in Your Mind

DAY 3: Claim the Victory: Guarding the Heart

Theme Scripture

Proverbs 4:23

"Keep thy heart with all diligence; for out of it are the issues of life."

Daily Takeaway

"Guard your thoughts, keep your peace."

Key Lesson Truth

Victory is not only won—it is _____ daily.

Peace comes from keeping my mind focused on _____.

Main Scriptures

Proverbs 4:23

Why should we guard our hearts?

Isaiah 26:3

God promises perfect peace to those whose minds are:

Peace Inventory

What steals your peace most often?

- | | | | |
|-----------------------------------|--------------------------------------|---------------------------------|-------------------------------------|
| ☐ Worry | ☐ Fear | ☐ Stress | ☐ Comparison |
| ☐ Busyness | ☐ Uncertainty | ☐ Anger | |

☐ Other: _____

The Umbrella of Praise

List three reasons you can praise God today:

1. _____
2. _____
3. _____

My Daily Peace Routine

Circle the habits you will practice:

- | | | | |
|-------------------------------------|--|---|---------------------------------|
| ☐ Prayer | ☐ Bible Reading | ☐ Gratitude | ☐ Praise |
| ☐ Worship | ☐ Positive Thinking | ☐ Scripture Meditation | |
| ☐ Journaling | | | |
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Developing the Mind of Christ

The Mind of Christ helps me:

- | | | |
|---|--|--|
| ☐ Think with faith | ☐ Respond with wisdom | ☐ Show humility |
| ☐ Trust God's plan | ☐ Walk in peace | |

Which area needs the most growth?

My Victory Plan

One thought I need to guard against:

One Scripture I will meditate on:

One habit I will strengthen:

One reason I know God will help me:

Personal Declaration

I declare:

- ☐ My mind belongs to God.
- ☐ I will replace lies with truth.
- ☐ I will guard my heart.
- ☐ I will choose praise over worry.
- ☐ I will trust God's promises.
- ☐ I will walk in victory through Christ.

Memory Verse

Isaiah 26:3

Write it below:

Closing Prayer

Father, thank You for teaching me how to guard my heart and renew my mind. Help me walk daily in Your peace and victory through Jesus Christ. Amen.