

QUIETING THE NOISE

When Your Mind Won't Slow Down

1. Ask Better Questions

- What if this works out?
- What if God is already at work here?
- What's one good outcome that could happen?

Philippians 4:8

2. Doubt Your Doubts

- Is this actually true, or just something I'm feeling?
- What evidence do I have?
- What would God say about this?

2 Corinthians 10:5

3. Choose Grace Over Perfection

- Am I expecting perfection from myself?
- Would I say this to a friend?
- What would grace look like here?

Romans 8:1

4. Remember What God Has Done

- What have I already made it through?
- Where have I seen God show up before?
- How have I grown?

Philippians 1:6

5. Come Back to Right Now

- What actually needs my attention right now?
- Am I living in the past or the future?
- What does trusting God today look like?

Matthew 6:34

6. Replaying a Conversation...

- What's really bothering me here?
- Am I trying to be perfect or living from grace?
- Do I need to fix this or release it?

Colossians 4:6

NOTES

PRAYER

*God, help me notice what's happening in my mind.
Give me the courage to question what isn't true,
and the peace to rest in what is.
Renew my mind — one thought at a time. Amen.*