

Answers for Worksheet

Answers for Worksheets: I'll actually be going over these in the video, but wanted to provide you with a copy in case you need them.

Truth Journaling Worksheet

Romans 12:2 tells us that we're transformed by the renewing of the mind.

Strong's definition of the Greek word for renew (ἀνακαινώσει):

- a renovation, a complete change for the better.

When we renew, we're:

1. Taking off lies and putting on truth.
2. Taking off a cultural perspective and putting on a biblical perspective.
3. Taking off what we learned growing up and putting on what we learn in the Bible.

How to Truth Journal with the List Method

1. Ask one of three questions:
 - a. **Breaking a habit:** What am I believing that's making me want to do my bad habit?
 - b. **Starting a habit or working on a goal:** What am I believing that's making me avoid working on my habit or goal?
 - c. **Letting go of a negative emotion:** What am I believing that's making me feel this way?
2. List 3-5 beliefs based on your answers to the above questions.
3. Look at each belief and ask, "Is this completely true?" If so, write True. If not, write a complete truth.
4. Visit with God about any truths that were aha moments.
5. Accept what you need to accept, if necessary.

Exercise 1: Recording Your Beliefs

Retreat attendees' answers will vary.

Video: Tips for Recording the Truth

1. Write down a truth that counteracts the belief.

- a. **Lie:** I'll start tomorrow.
 - b. **Truth that doesn't fit the lie:** I should probably start today. (Note: the truth should answer the question, Will I really start tomorrow?)
 - c. **Truth that fits the lie:** If I break this tonight, I'll have a far less chance of following my boundaries tomorrow. Usually, 'I'll start tomorrow' is an excuse to live with abandon today in ways that are not good for me. Lord, help me to start today. Give me the desire and the strength to follow my boundaries today.
2. Record the full truth.
- a. **Half-truth:** It's not a big deal if I break my boundaries.
 - b. **Full truth:** It's not a big deal if I don't want to break my phone habit. But I do want to break this habit, so it *is* a big deal! Every time I break my boundaries, what I'm really saying is that I have no boundaries and I can pick up my phone whenever I want. That would be like me saying, hey, I'm going to be faithful to my husband except for the days I don't feel like being faithful. You either have boundaries or you don't. If I want to develop the habit of no phone at night, I need to follow my boundaries *all* the time.
3. Record enough truth.
- a. **Belief:** I need a little excitement in my life.
 - b. **Minimal truth:** I *don't* need excitement in my life!
 - c. **Enough truth:** I don't need excitement, but excitement is a pleasant gift. The questions I need to ask are 1) Does God approve of this way of this type of excitement, 2) are there consequences to this form of excitement, and 3) do I actually enjoy this type of excitement? The truth is that the phone is an easy distraction, and I don't even enjoy it that much. I think I'll read a book or do something that would be more rejuvenating.
4. Look for biblical and/or practical truth.
- a. **Belief:** I want to look at my phone so I should look at my phone.
 - b. **Practical truth:** Just because I want to do something doesn't mean I should do it. If I did and said everything I felt like doing and saying, my life would be a disaster and I would probably have no friends! The truth is, I want to look at my phone, so I better find something else to do so I'm not tempted to look at my phone! Also, I should put it far away from me so I'm less likely to look at it!
 - c. **Biblical truth:** God never said, "Barb, trust your feelings. Do what you want to do!" Instead, Jesus said things like deny yourself and lay down your life for others and put God first! God does not want me to be on my phone all night because He wants me to live an abundant life, walk in the Spirit, and love others well. Since I tend to be addictive with my phone, I need boundaries. And this evening boundary is a good boundary for

me. Lord, please help me to have the discipline to follow my boundaries and even learn to love them!

Exercise 2: Recording the Truth

Note: Retreat attendees answers will vary. (You won't need any of the following truths as I share this on the video, but I'm including it here in case someone asks.)

1. Belief: I deserve this after my hard day.

Truth: First, it never says in the Bible, "You deserve to get on your phone whenever you work hard all day." Instead, it says things like lay down your life out of love for others! Also, if I truly want to break this habit, I need to come up with a different reward for hard work. Because it's not a reward if I regret it later!

2. Belief: I'll take one quick peek.

Truth: If the past is any indication, I won't be taking a quick peek. Much of the time when I say I'm just going to get on the phone for a minute or two, I end up being on it for 30 minutes or an hour. If I really want to create a habit of no phone at night, I need to stay off of it an night – no looks at all!

3. Belief: I need to check to see if my kids/friends posted anything on Instagram.

Truth: There is no reason to check more than once a day and I already checked earlier. Plus, I can check again tomorrow. It will not kill me to wait one day to see if they posted!

4. Belief: I already broke my phone boundaries once so I might as well break them again.

Truth: That's like saying, "I already robbed one bank, I might as well rob another!" The sooner I stop doing something that is bad for me, the better! Every time I stop it's a victory, even if I already broke my boundaries before.

5. Belief: I need to unwind after my hard day.

Truth: There are many ways to unwind, so I don't have to rely on my phone! The truth is, there are far better ways to unwind. Looking at my phone often adds more stress to my life—which is not the definition of *unwind*!

Exercise 3: Option Charts

You'll have a handout that shares my answers. I gave them a handout rather than a video so they would be able to refer to it when they go home, but please let me know if it would have been more helpful to have a video sharing my answers like I did with the Christmas decorating example.