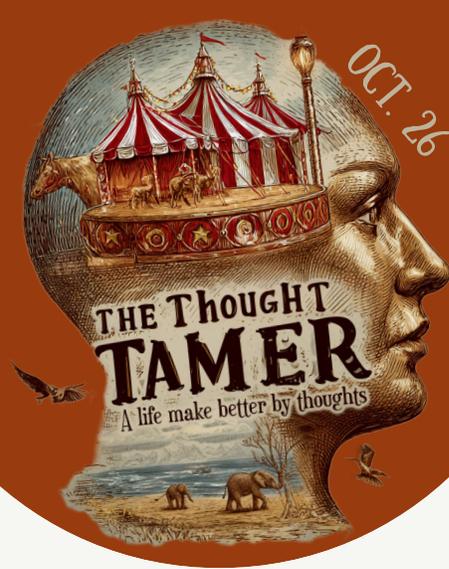


THE THOUGHT TAMER
A LIFE MADE BETTER BY BETTER THOUGHTS



As we wrap up our series "Thought Tamer," this study guide focuses on the story of Benaiah—an embodiment of courage and faith. In "Roar Ready," we'll examine how Benaiah faced his fears and how we can apply those lessons to our lives. This guide includes daily journaling prompts and quiet time questions to help you reflect on the significance of taming your thoughts and being prepared to face challenges.

Remember – You can have a life made better by better thoughts!

When you use the tools we have talked about in this series – The Picky Filter – Project Bluebook UFO investigation – and Pluck & Plant, then you are ready to tangle with whatever it is that gets crazy in your Brain Cage – and you can do so fearlessly....

So believe it or not – You are Roar Ready!

GET A BIBLE, A JOURNAL, A PEN, AND SOME QUIET TIME TO JOT DOWN THOUGHTS AND DIG DEEPER INTO THE TOPIC.

Day 1: Understanding Benaiah's Courage

Scripture Reading

2 Samuel 23:20-21

Journal Prompt: What stands out to you about Benaiah's decision to chase the lion?

Quiet Time Question: Reflect on a fear you've faced in your life. How did you respond, and what was the outcome?

Day 3: The Pit Experience

Scripture Reading

Psalms 23:4

Journal Prompt: Benaiah chased the lion into a pit. What does this symbolize for you in your personal challenges?

Quiet Time Question: Have you ever felt like you were in a "pit"? How did you experience God's presence during that time?

Day 2: Fear and Faith

Scripture Reading

Isaiah 41:10

Journal Prompt: How does God's promise to be with us help you when you feel afraid?

Quiet Time Question: In what areas of your life do you need to trust God more fully?

Write about your feelings and concerns.

Day 4: Action Over Inaction

Scripture Reading

James 2:17

Journal Prompt: Consider a time when you took action despite feeling fear. What motivated you to move forward?

Quiet Time Question: What dreams or goals have you been hesitant to pursue? What steps can you take this week to move closer to them?

Day 5: Overcoming Snowy Conditions
Scripture Reading
Philippians 4:13

Journal Prompt: How does the imagery of a snowy day add to the challenge Benaiah faced? How can you apply this to your own "snowy" circumstances?

Quiet Time Question: Reflect on a situation that feels overwhelming. How can you apply Philippians 4:13 to find strength in Christ?

Day 6: Building Resilience
Scripture Reading
Romans 5:3-4

Journal Prompt: How can facing fears and challenges lead to growth and resilience? Write about a specific instance in your life.

Quiet Time Question: What lessons have you learned from past challenges that you can apply to future fears?

Day 7: Preparing to Roar
Scripture Reading
1 Peter 5:8-9

Journal Prompt: How can you prepare yourself spiritually and mentally to face challenges like Benaiah?

Quiet Time Question: Spend time in prayer, asking God to help you be "roar ready." What fears do you need to surrender to Him?

AS YOU FINISH THIS WEEK OF REFLECTION, THINK ABOUT HOW BENAIAH'S STORY CAN INSPIRE YOU TO TAME YOUR THOUGHTS AND FACE YOUR FEARS.

EMBRACE THE COURAGE THAT COMES FROM FAITH AND REMEMBER THAT YOU ARE NEVER ALONE IN YOUR BATTLES.

MAY YOU BE ROAR READY TO TACKLE WHATEVER CHALLENGES LIE AHEAD!
YOU ARE A THOUGHT TAMER - GIVE GOD CONTROL OF YOUR BRAIN CAGE