

**Christ-based Counseling Concept Topic
90 Day “Thought Management” Exercise**

Christ-based Counseling Mental Truths

*“My mind must be transformed” (Romans 12:2)
“My thoughts must be guarded” (Ephesians 6:16)*

And

REMEMBER, RECALL, AND RESTATE:

*“No matter how tragic, excellent, or endless my experience
I’m being conformed to the image of Jesus Christ”
(Romans 8:28-29)*

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FAITH
“UNDERATTACK”
AND
NINETYDAY
WORDPOWERPLAN

***“SIMPLE PRINCIPLES FOR THE BELIEVER WHO DESIRES TO
WIN THE SPIRITUAL BATTLES.”***

BY

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Evil is Always Present

The purpose of this program is to help you grow in your relationship with Jesus Christ. If you are to become an empowered believer in Jesus Christ, you must learn some simple principles.

First, when Jesus began His earthly ministry, the Bible says he was led by the Holy Spirit into the wilderness to be tempted there by Satan.

Here's the first principles:

Whenever you obey the Holy Spirit, expect opposition (Matt. 4:1)

Here is an example of acts of spiritual obedience where you should expect opposition:

Receiving Jesus Christ as Savior
Developing a daily prayer life
Establishing a daily reading period
Attending Church services regularly
Resisting sin in your life
Supporting the Church financially
Forgiving someone
Asking for forgiveness
Doing what you know to be right

Follow-through: “Visualize or Do” what you desire, in spite of the opposition (Rom. 13:12, 14; Eph. 4:24; Col. 3:12).

Discovering and using your gifts
Other spiritual principles

The Real Enemy is Not Human

Remember, whenever you try to progress in your relationship with Jesus Christ, there will be opposition. So you need to understand the second principle:

The opposition looks human, but the real opposition is spiritual evil (Eph. 6:11-17).

Here are examples of what the opposition looks like:

Physical exhaustion, "I'm too tired."
Emotional exhaustion, "I don't feel good."
Social Issues, "I don't like her/him."
Financial, "I can't afford too."
Educational, "I have a problem reading."
Success, "I have other obligations."
Family, "My children, My spouse..."
Experience, "They are not real."
Accused, "I was told, I am the same."
Insecure, "Am I really God's child."
Transportation, "I don't have a way."
Time, "It's too early or too late."
Other excuses.

This opposition appears to come from others and your own suggestions. So, you must prepare to overcome the opposition.

You Can Win the Battle

Now you know two important principles, and you know what these principles look like. Just as Jesus Christ was tempted when he began his earthly ministry, you know you will be tempted when you desire to progress in Jesus Christ. You also know that the opposition appears in human form through your friends, family members, schedule, and even your thoughts and desires. However, the real enemy is demonic evil. How can you survive such incredible opposition? The third principle that you must remember is as follows:

You can win each battle by the strength available in Jesus Christ (Phil. 4:13).

Now that you know the REAL enemy, you can begin to defeat him and his influence on your life. So let's begin by learning some principles of victory.

Remember Your Victories

If you are reading this tract, you have overcome opposition already. So you have a victory. Praise the Lord!

If you have an area in your spiritual life you desire to improve, this is a victory.
If you have received the Lord, Jesus Christ as your personal savior, you have another victory. Praise the Lord!

If you are thinking about receiving the Lord, Jesus Christ, you have another victory. Satan does not want you to "think" about it.

Stop right now and think of other victories. Give God thanks.

Now that you know there is progress in your spiritual life, let's go on to new victories. What or where do you desire to grow in Jesus Christ (write it down)?

Once you know the three principles of opposition, you need to remember the three rules of victory in Jesus Christ: Focus, Faith and Follow-through.

Focus: You must concentrate on your desire. You pray about your spiritual desire and you use God's word to inspire you. You pray, and get others involved in praying for the growth you desire. You can have confidence that it is God's will and He will hear you (I John 5:14). Pray about this desire each day until the prayer is answered. You must not stop (Luke 18:1-7). Plan a special time each day to pray, and read God's word. You must read God's Word every day. A daily schedule is provided.

Ninety Day Power Period
(Chapters per day, See Notes)

Month	Book	M-F	S - S
1	Mark	1	
	Romans	1	
	Psalms		2
2	Luke	1	
	Ephe.	1	
	Psalms		2
3	John	1	
	Philipp.	1	
	Proverbs		2

NOTE: When you complete a book before the month is completed, use a chapter from Psalms or Proverbs. As an example, you will finish the book of Mark before the end of a month. Read a chapter in Psalms.

Faith: Confess daily that you will succeed even when it looks as if you failed (Pro. 16:1, 3; 1 John 4:4).

Remember: Focus, Faith and Follow-through. Read this tract over as many times as you need it. "Do" what it says.

(Use the Ninety Day Power Period schedule above) Follow these instructions:

In Mark, Luke and John, highlight every verse where Jesus performs a miracle.

In Romans, Ephesians, and Philippians, highlight everything a believer can do through Jesus Christ.

In Psalms and Proverbs, highlight every verse that says what God is to man. Also, highlight every verse that has the word trust. Repeat the 90 day process if necessary. Thank God daily. Mark a box for each day you complete the daily assignment. (If you miss a day or days, make them up).

Beginning Date: (mm/dd/yy)

Projected Ending Date: _____

Actual Ending Date: _____

First Findings of the Ninety Day Period:

Verses showing Miracles of Jesus:

Verses showing what a believer is or can do through Jesus:

Follow-through: "Visualize or Do" what you desire, in spite of the opposition (Rom. 13:12, 14; Eph. 4:24; Col. 3:12).

Verses showing what God is to man and/or where trust is:

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90

78	79	80	81	82	83	84
85	86	87	88	89	90	