

✨ 3. The heart is the seat of belief, not emotion.

In biblical language, the “heart” refers to:

- the inner man
- the belief system
- the subconscious identity
- the place where truth or lies take root

So this verse is not about fleeting emotions.

It’s about the **deep beliefs** that quietly govern a person’s life.

3. Identity Truths from Scripture

- **Loved** — Jeremiah 31:3
- **Chosen** — 1 Peter 2:9
- **Forgiven** — Ephesians 1:7
- **Created with purpose** — Ephesians 2:10

These truths form the foundation of biblical life coaching.

Which scriptures have you been living your life grounded on?

Which areas need adjustment?

How can you apply these scriptures to your life?

Which area is most important to grow and heal?

What are your next steps?

✨ 4. Transformation begins with renewing the mind.

Students cannot change their life until they change their thinking.

This is why Romans 12:2 calls believers to be transformed by the **renewing of the mind**.

Renewed thinking leads to:

- renewed identity
- renewed confidence
- renewed choices
- renewed purpose

This is the foundation of biblical life coaching.

4. Practice: The Thought Swap Method

A simple, powerful tool for renewing the mind.

1. **Identify** the negative thought
2. **Find Scripture** that contradicts it
3. **Rewrite** the thought using biblical truth
4. **Declare** the truth aloud

This is the first step toward mental and spiritual transformation.

Which areas of your life have you captive?

Which scripture(s) will you be standing on to free yourself?

Writing things down makes you accountable as well as assists you in conquering that enemy in your life.

Your words are powerful, speak and declare the truth aloud, move mountains.

Which mountains will you defeat today?

