

UNSINKABLE
Faith

*God-Filled Strategies to Transform
the Way You Think, Feel, and Live*

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Chapter Challenge

Pull out your journal and draw three columns, like the ones below.

What I Experienced	Misconceptions about Me	Misconceptions about God

<p style="text-align: center;">NOTICE Negative Thought</p>	<p style="text-align: center;">REJECT (exterminate) What is probably truer and more realistic</p>	<p style="text-align: center;">REPLACE One applicable, relevant, positive truth from Scripture to apply and remember</p>
<p>I can never do anything right.</p>	<p>I can't do everything right, but I can do a lot of things right.</p>	<p>“God has made us what we are. He has created us in Christ Jesus to live lives filled with good works that he has prepared for us to do” (Eph. 2:10 GW).</p>

In the left-hand column, write down the negative thought you often struggle with. In the middle column, record something that is probably truer than what you are telling yourself. Then in the right-hand column, record a Scripture verse, truth, phrase, or promise from God’s Word that disputes the negative thought you’re entertaining.

NOTES

Chapter One: Your Feelings Aren't the Boss of You

1. "Norman Vincent Peale Quotes," BrainyQuote, accessed November 2, 2016, www.brainyquote.com/quotes/authors/n/norman_vincent_peale.html.

Chapter Two: Tens of Thousands of Reasons

1. Jennifer Read Hawthorn, "Change Your Thoughts, Change Your World," Words to Live By, accessed November 2, 2016, www.jenniferhawthorne.com/articles/change_your_thoughts.html.
2. Bruce Davis, "There Are 50,000 Thoughts Standing between You and Your Partner Every Day!," *Huffington Post*, May 23, 2013, www.huffingtonpost.com/bruce-davis-phd/healthy-relationships_b_3307916.html.
3. "Don't Believe Everything You Think," Cleveland Clinic Wellness, accessed November 2, 2016, www.clevelandclinicwellness.com/programs/NewSFN/pages/default.aspx?Lesson=3&Topic=2&UserId=00000000-0000-0000-0000-000000000705.

Chapter Three: Count the Cost

1. "Naomi," Behind the Name, accessed November 2, 2016, www.behindthename.com/name/naomi-1.
2. "Mara," Behind the Name, accessed November 2, 2016, www.behindthename.com/name/mara-1.

3. Caroline Leaf, *Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health* (Grand Rapids, MI: Baker, 2013), 32.
4. Leaf, *Switch On Your Brain*, 32.

Chapter Five: Breaking the Habit

1. Joyce Meyer, *Battlefield of the Mind: Winning the Battle in Your Mind* (Nashville: FaithWords, 1995), 147.
2. Phillippa Lally, et. al, "How Are Habits Formed: Modelling Habit Formation in the Real World," *European Journal of Social Psychology*, July 16, 2009, <http://onlinelibrary.wiley.com/doi/10.1002/ejsp.674/abstract>.
3. Elliott Berkman, quoted in Signe Dean, "Here's How Long It Takes to Break a Habit, according to Science," Science Alert, September 24, 2015, www.sciencealert.com/here-s-how-long-it-takes-to-break-a-habit-according-to-science.
4. Daniel G. Amen, *Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems* (New York: Harmony Books, 1998), 27.
5. Amen, *Change Your Brain*, 52.
6. Meyer, *Battlefield*, 44.
7. Amen, *Change Your Brain*, 118.

Chapter Six: Row, Row, Row Your Boat

1. Joyce Meyer, *Battlefield of the Mind: Winning the Battle in Your Mind* (Nashville: FaithWords, 1995), 261.
2. Daniel G. Amen, *Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems* (New York: Harmony Books, 1998), 111.
3. Ralph P. Martin, "2 Corinthians," in *Word Biblical Commentary*, vol. 40 (Waco, TX: Word Books, 1986), 306.

Chapter Seven: Instruments No Crew Member Should Be Without

1. Ralph P. Martin, “2 Corinthians,” in *Word Biblical Commentary*, vol. 40 (Waco, TX: Word Books, 1986), 306.
2. Charles Capps, *The Tongue, a Creative Force* (London: Capps, 1995), 1–2, 6.
3. Capps, *Tongue*, 23.
4. Caroline Leaf, *Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health* (Grand Rapids, MI: Baker, 2013), 73.
5. Abbey Wedgeworth, “Praise for My Postpartum Body,” Gentle Leading, June 6, 2016, www.gentleleading.com/blog/2016/6/5/praise-for-my-postpartum-body.
6. For more information, see www.corysproject.com.

Chapter Eight: Mayday, Mayday!

1. Alan Ryden, “Miracle Rescue in Alaska—a Powerful Testimony of Survival and Strength,” *Elijah List*, February 16, 2008, www.elijahlist.com/words/display_word.html?ID=6170.
2. Ryden, “Miracle.”
3. Charles H. Dyer, “Lamentations,” in *The Bible Knowledge Commentary: Old Testament*, ed. John F. Walvoord and Roy B. Zuck (Wheaton, IL: Victor Books, 1985), 1207.
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Chapter Ten: Operation Perseverance

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2. “Positive Thinking: Stop Negative Self-Talk to Reduce Stress,” Mayo Clinic, March 4, 2014, www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950.

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