

Mind Inventory

IS YOUR MIND SICK TOO?

Check YES or NO to the statements below:

YES

NO

1. Fear dominates your thoughts.
2. Worry is your normal pastime.
3. Your mind is constantly running from one thought to the another.
4. You resist moments of quiet because you don't want to face the noise in your head.
5. You are insecure and consumed with negative thoughts of yourself.
6. You wish you had more peace in your life.
7. You are often beat down and discouraged by the circumstances in your life.
8. You are constantly reminded of all the ways you mess up and let people down.
9. You are always sizing yourself up to others and struggle with wanting their life instead of your own.
10. You react to every emotion you feel and have no ability to control your thoughts.

If you checked YES to any of these statements, you would benefit from memorizing scripture too.