



TAME YOUR THOUGHTS BY MAX LUCADO

THREE TOOLS TO RENEW YOUR MIND AND TRANSFORM YOUR LIFE

April 14 through May 19 (6 sessions)

MEALS @ 5:30PM WITH CLASSES FROM 6:00-7:30PM
HELD AT LOVE INC BUILDING, 710 10TH AVE S, WIS RAPIDS

In *Tame Your Thoughts*, Max explores three key thought-management tools and then applies them to the most common thought problems: worry, guilt, anxiety, and other types of mental quicksand that threaten to trap us. God loves us too much to let us lead a life marked by poor thinking. He made our brains; he can retrain our brains. God has not left us alone in this battle of the mind.

Stuck in your head? Hounded by regrets? Weighed down by worry? Change is possible! The thoughts that have characterized your past need not characterize the rest of your life. You will learn to:

- Take thoughts captive
- Test each message against the truth of Scripture
- Interrupt poisonous thought threads
- Think and act like Jesus

Childcare and transportation available upon request.

Register online by **April 6th** (preferred way), or you may email or call us.

🌐 <https://loveincswc.org/new-hope-life-skills-classes/>

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📞 715-424-LOVE(5863)

