Record on your worksheet what issues you think could be changed in your thinking. Through the coming week, if you are willing, use your tactics to remove doubt and clean your thinking. Record your progress. This information will not leave your hands or be made public in our class session.

**Whole Mind Tactics:**

Tactic 1: Choose to stop doubting

* Building confidence by believing Jesus and loving our fellow believers removes doubting. (1 John 3:21-24, 4:17 - ,because as he is so also are we in this world.)

Tactic 2: Clean up our minds

* Choose carefully what we think about (pay attention to, keep track of). Clean thinking produces a whole mind. (Phil 4:8-9 - …think (take inventory of) about these things)
* The No Hold strategic Forgiveness and Personal History tactics are also targeted on this heart/mind cleansing process.

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| Opportunities of a whole heart/mind | | |
| Opportunity | OT | NT |
| Love with all your heart | Deut 13:3 |  |
| Serve with all your heart | 1 Sam 12:20 | Rom 1:9 |
| Praise with all your heart | Psalm 111:1 |  |
| Seek with all your heart | Jer 29:13 |  |
| Trust with all your heart | Prov 3:5 |  |
| Turn/return with all your heart | Deut 30:10 |  |
| Work with your whole heart |  | Col 3:23 |
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