

S.T.E.A.R.



S Situation

*the neutral fact or thing
you are faced with*

*"In this world you will have trouble."
– John 16:33*

Trouble isn't a possibility —
it's a promise. We all have a
situation we're walking through.

T Thoughts

*your interpretation
or belief of the situation*

*"We take captive every thought."
– 2 Corinthians 10:5*

What you think shapes
what you feel. The battle starts
in our minds.

E Emotions

*the feeling generated
by your thoughts*

*"Above all else, guard your heart
(the seat of your emotions), for
everything you do flows from it."
– Proverbs 4:23*

Emotions are real,
but not always right. They're fueled
by your thoughts and end up
shaping your perspective.

A Actions

*what you do or don't do
based on that emotion*

*"Every good tree bears good fruit,
but a bad tree bears bad fruit."
– Matthew 7:17*

Healthy thoughts and emotions
grow healthy actions, and it's our
actions that always reveal the roots.

R Results

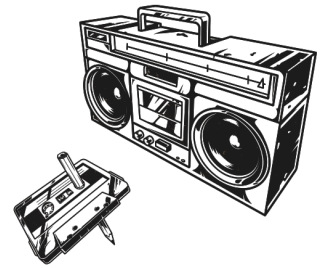
*the outcome from
your actions*

*"Do not be deceived: A man reaps
what he sows." – Galatians 6:7*

The results in our lives
don't just happen — they're grown
from the seeds of our thoughts,
emotions, and actions.

soundtracks

to renew our minds



renewing thinking	soundtrack	example
Trusting God	<i>"God's got this — I'm not on my own."</i>	David – Trusted God through valleys, battles, betrayal
Endurance & Strength	<i>"I can do hard things — with Jesus, I'm stronger than I feel."</i>	Paul – Endured shipwrecks, prisons, rejection
Facing Temptation	<i>"I don't need what's easy — I need what's true."</i>	Jesus – Resisted temptation by clinging to God's truth
Failure	<i>"Failure isn't final — God's not done with me."</i>	Peter – Denied Jesus, but was restored and led the early church.
Obedience & Surrender	<i>"I don't need full clarity to give full obedience."</i>	Mary – Said yes before she had all the details
Courage in Fear	<i>"God's presence doesn't eliminate fear, it overwhelms it with purpose."</i>	Joshua – Led with courage after Moses
Grief & Worship	<i>"I can worship even when I don't understand."</i>	Job – Lost everything and still blessed God's name

renewing thinking	soundtrack	example
Forgotten	<i>"Even if I'm overlooked, I'm still deeply known and loved."</i>	Hagar – Alone in the desert, met by the God who sees.
Pain to Purpose	<i>"What hurt me doesn't have to hold me."</i>	Joseph – Betrayed, imprisoned, but used by God
Calling & Purpose	<i>"If God's calling, I'm going."</i>	Isaiah – Volunteered before knowing the mission
Risk & Courage	<i>"If it costs me comfort, it's still worth it."</i>	Esther – Risked her life to speak up
Faithfulness	<i>"I'll stay when it's easier to leave."</i>	Ruth – Chose loyalty over convenience
Imposter Syndrome	<i>"God didn't choose me because I'm worthy — He makes me worthy by His grace."</i>	Moses – Felt unqualified and insecure, yet God still called and used him mightily.
Letting Go	<i>"I don't need control to have peace."</i>	Jesus – Surrendered in the garden
Depression & Hope	<i>"I feel low, but I'll still look up."</i>	Psalmist (David) – Spoke hope to his soul
Overwhelmed	<i>"I don't have to carry it all — God already is."</i>	Martha – Worried & overwhelmed, but Jesus reminded her of what matters most.
Ashamed	<i>"God's grace covers what I'd rather erase."</i>	Paul – Persecuted Christians, but became the voice of grace and the gospel