



## **Even If You Can't Control Much, You Can Control This!!**

by Coach Shay Bassett

- Have you noticed the thoughts in your mind?
- What kinds of lies have you told yourself, or perhaps have you heard from others?
- Can you think of a phrase that is the opposite of the lies in your mind?

### Bonus Questions:

- What beliefs did you grow up with? How have they changed over the years?
- Have you gotten sick and tired of being sick and tired? Please think through and share your experience.
- Could you relate to Coach Shay's experience? What has been your experience?

### Reach UP to God:

- Ask God to reveal the lies in your mind.
- Pray that you will receive His Truth over you and your life.
- Commit to pray for this situation in your mind, so your life can be changed for the good.

*Reach UP* edition: Winter 2025

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