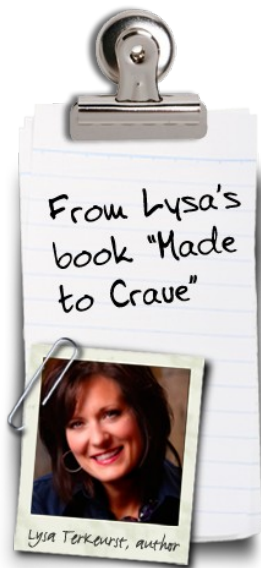


## Turning North Go-To Scripts



If you find yourself stuck in a defeating *mess*, try replacing your old thoughts with these empowering thoughts. I call these “Go-to scripts.” In other words, these statements can become our new patterns of thought as the Messiah touches our mess and turns it into a great message of hope to this world.

### **1. I was made for more than to be stuck in a vicious cycle of defeat.**

Deuteronomy 2:3, “You have circled this mountain long enough. Now turn north.”

### **2. When I am considering a compromise, I will think past this moment and ask myself, how will I feel about this choice tomorrow morning?**

1 Corinthians 6:19, “Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought with a price. Therefore honor God with your body.”

### **3. When tempted, I either remove the temptation or remove myself from the situation.**

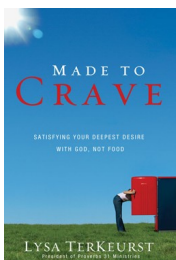
1 Corinthians 10:13-14, “...God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will provide a way out so that you can stand up under it. Therefore, my dear friends, flee...”

### **4. I don't have to worry about letting God down because I was never holding Him up – God's grace is sufficient.**

2 Corinthians 12:9-11, “But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness... for when I am weak, then I am strong.’”

### **5. I have these boundaries in place not for restriction but rather to define the parameters of my freedom.**

Romans 6:19-20, “I put this in human terms because you are weak in your natural selves. Just as you used to offer the parts of your body in slavery to impurity and to ever-increasing wickedness, so now offer them in slavery to righteousness leading to holiness.”



These are taken from Lysa TerKeurst's new book *Made to Crave* - which can be purchased wherever books are sold. Visit [www.MadetoCrave.org](http://www.MadetoCrave.org) for more information on this book.

Lysa TerKeurst helps everyday women live an adventure of faith through following Jesus Christ. As president of Proverbs 31 Ministries, Lysa has led thousands to make their walk with God an invigorating journey. Visit [www.LysaTerKeurst.com](http://www.LysaTerKeurst.com) for more daily thoughts from Lysa.

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