



# TRANSFORM YOUR THINKING: A 7-DAY CHALLENGE

By Joe Castronova

Welcome! Over the next seven days, we'll explore simple but powerful ways to change the way you think. If you've ever felt like your mind was working against you, you're not alone. This challenge is about discovering tools to break free from those negative thoughts and step into a healthier, more positive mindset. Let's get started!

# IDENTIFY YOUR NEGATIVE THOUGHTS

**Focus:**

Recognizing the thoughts that hold you back.

**What to Do:**

Spend 5 minutes today writing down any negative thoughts that keep coming up throughout your day. Maybe it's self-doubt, worry about the future, or a sense of not being good enough. Be specific—write them out, even if they seem small.

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**Reflection:**

Think about this: "As a person thinks in their heart, so they become." (Proverbs 23:7) Our thoughts shape how we see ourselves and the world around us. By taking note of what's been running through your mind, you're taking the first step toward change.

You're not alone in this struggle. Awareness is the first step to changing your mindset, and today, you've started that journey!

**DAY 1**

# CHALLENGE THE LIES

**Focus:**

Spotting lies and false beliefs.

**What to Do:**

Look back at your notes from yesterday. Pick one negative thought and ask yourself, "Is this really true?" Write down evidence for and against this thought. Be honest with yourself—sometimes, thoughts can feel true even when they aren't.

**Reflection:**

"Take every thought captive and make it obey what's true." 2 Corinthians 10:5 Not every thought deserves your time or belief. You have the power to challenge the thoughts that aren't serving you well.

Not all thoughts are true or helpful. When you challenge what's not true, you create space for something better.



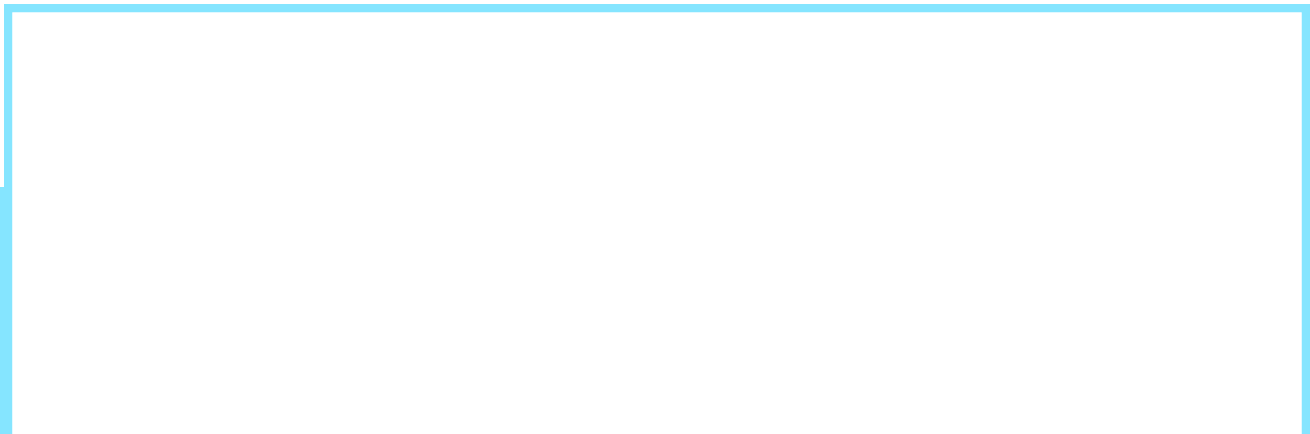
# FIND THE TRUTH IN SCRIPTURE

**Focus:**

Replacing lies with what's true.

**What to Do:**

Choose a statement that counters the negative thought from Day 2—something that's positive, encouraging, and grounded in what's good. If you're comfortable with it, you can find a verse from the Bible that speaks to this. Write it down and place it somewhere you'll see often, like your mirror or phone screen.



## DAY 3

**Reflection:**

"You will know the truth, and the truth will set you free." (John 8:32) What you focus on matters. Focusing on positive truths can help you let go of thoughts that weigh you down.

When you start to focus on what's good and true, you can begin to find freedom from the thoughts that have been holding you back.



# RENEW YOUR MIND

**Focus:**

Letting go of old ways of thinking.

**What to Do:**

Spend 5-10 minutes in quiet reflection or prayer today. If you're comfortable, ask God to help change your thinking. Let go of the thoughts that no longer serve you, and imagine yourself embracing a healthier, more peaceful mindset.

**Reflection:**

"Don't copy the ways everyone else thinks. Let your mind be transformed."  
(Inspired by Romans 12:2) Real change comes when we allow our minds to move beyond what's familiar and reach for something better.

Transformation takes time, but every moment you spend working on your mind is a step toward a healthier, happier you.



DAY 4

# PRACTICE GRATITUDE

## DAY 5

**Focus:**

Shifting from negativity to thankfulness.

**What to Do:**

Write down three things you're grateful for today and why. They don't have to be big—maybe it's a conversation with a friend or a sunny day. Reflect on how gratitude can shift your perspective from what's missing to what's already present.

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2 \_\_\_\_\_

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**Reflection:**

"Give thanks in all circumstances; this can be a pathway to peace." (Inspired by 1 Thessalonians 5:18) Gratitude shifts our focus away from what we lack to the good things we often overlook.

A thankful heart can change the way you see everything. It's a small practice that can bring big results.

# USE YOUR SPIRITUAL TOOLS

**Focus:**

Engaging in mental battles with the right tools.

**What to Do:**

Think about an area in your life where you feel “stuck” or like you’re fighting a mental battle—maybe it’s stress, insecurity, or fear. Write down a simple prayer or intention, asking for the strength to overcome it. This is your battle plan.

**Reflection:**

“The tools we have aren’t ordinary—they’re powerful enough to break down any barrier.” (Inspired by 2 Corinthians 10:4) You don’t have to fight your battles alone. There’s strength available to you that can break through even the toughest obstacles.

Sometimes, change feels like a struggle—but you’re stronger than you think, and help is available when you ask for it.



**DAY 6**

# DAY 7



# DECLARE A NEW THOUGHT PATTERN

**Focus:**

Building new habits of thinking.

**What to Do:**

Today, choose a new positive thought that you want to focus on daily—something that reflects the truth about who you are and where you're going. Write it down and say it out loud a few times throughout the day. Make it a new habit.

**Reflection:**

“You have a mind capable of love, power, and clear thinking.” (Inspired by 2 Timothy 1:7) The more you practice thinking good thoughts, the more your life will align with them.

Your mind is powerful, and you have the ability to shape it. Choose a thought that lifts you up, and let it guide you into a better way of living.



# NEXT STEPS

Over these seven days, you've taken important steps toward a healthier mindset. Changing the way we think doesn't happen overnight, but small, consistent actions can make a big difference. If you found these steps helpful, we'd love to invite you to watch the full message that inspired this challenge. It's filled with practical insights and encouragement for your journey.

## 1. Share with a Friend

Did this 7-Day Challenge make a difference in your thinking? If you found it helpful, why not share it with a friend who could use some encouragement too? Sometimes, a simple tool like this can spark change in someone's life.

## 2. Watch More

Pastor Joe has more messages that dig into topics like managing your thoughts, finding hope, and overcoming life's challenges. These messages are full of practical advice and spiritual insights that can help you grow. Here are three similar messages you might enjoy:

- [My Brain Is Being A Jerk. What Do I Do?](#)
- [The Heart of the Matter](#)
- [Ideal Family?: We All Have One](#)

Check them out to continue your journey toward a healthier mind and spirit.  
*[Insert link to watch more]*

## 3. Visit Us in Person

Even better than watching online, we'd love for you to join us in person at one of our weekly services. Reality Church is a place where you can be yourself, meet new friends, and grow spiritually. Whether it's your first time in a church or you're looking for a fresh start, there's a place for you here.

**Service Times: Sundays at 9 AM and 11 AM**

### Locations:

**HEMPFIELD CAMPUS** // 2301 Harrisburg Pike Lancaster PA 17601 Suite 100

**LANCASTER CITY CAMPUS** // 100 N Queen Street Lancaster PA 17603

We'd love to meet you, show you around, and help you feel at home. If you have any questions, don't hesitate to reach out!

# ABOUT JOE CASTRONOVA

Joe Castronova is the Lead Pastor at Reality Church. He's a family man, sharing life with his wife, JoEllen, and their kids—Sarah, Emily, and Joseph. Joe's fuel? A black dark roast coffee. When he's not leading at church, you'll find him spending time with his family, usually around a table filled with food (he's never met a dish he didn't like!). From ham balls and sauerkraut to steak and shrimp, he's a fan of it all. Fun fact: Joe ran a half marathon when he turned 50! His favorite scripture is Matthew 6:33—"But seek first the kingdom of God and His righteousness, and all these things shall be added to you." He's inspired by watching his kids grow, finding moments of solitude in nature, and staying active.

# ABOUT REALITY CHURCH

Reality Church began in Lancaster, PA, in 2012 with a simple vision: to create a space for people without a church home. While Lancaster County has many churches, we saw a need for a community where people could come as they are and connect with Jesus.

Our name reflects our heart—we want church to be a place where people can be real, authentic, and open. We're a non-denominational church that's welcoming, relational, and grounded in the Bible. At Reality Church, you'll find people from all walks of life coming together to grow and pursue Jesus.

We believe in a church that's not just about Sundays. We're building a vibrant community where everyone feels at home, learns together, and is challenged to become more like Jesus. Whether you're brand new to church or looking for a fresh start, there's a place for you here!