

# Kingdom Thought Map Checklist: Two Paths to the Kingdom Mind Map



## What is a Thought Map?

A **Thought Map** is a structured tool designed to help you organize and reflect on your thoughts, actions, patterns, and their outcomes. From a Christian perspective, it reveals how the enemy may be using your thoughts, actions, and patterns to hinder you from fulfilling your God-given purpose. By evaluating the "seeds" you're planting in your life, you can see how they grow into actions, form patterns, and ultimately produce a harvest that impacts future generations. This Thought Map serves as a foundation for creating a **Mind Map**, a tangible and visual tool to help you clearly organize and align your life with your Kingdom purpose.

---

### Step 1: Planting the Seeds (Thoughts)

**Negative Seeds (Thoughts):**

- "I am not good enough."

- "God has forgotten me." - He heard my prayers, but does not care.
  - "I will never overcome this sin." - Individual sin
  - "I am unworthy of love." I am not valuable enough for love
  - "My prayers don't matter."
  - Positive Seeds (Thoughts):**
    - "I am fearfully and wonderfully made." - Identify the physical or emotional traits - Comparability to others
    - "God is always with me."
    - "Through Christ, I can overcome."
    - "I am loved unconditionally by God."
    - "My prayers are heard and valued."
- 



## Making Thoughts Tangible and Trackable

**If the thought does not have a relatable replacement, it is not something you can believe - Cliche Christianese answers will not be effective real-time**

Replacing negative thoughts isn't about repeating generic religious phrases—it's about **becoming aware of your thinking in real time** and creating a physical connection to those thoughts.

**1. Identify the Thought Physically:**

When a negative thought arises, mark it with a simple physical cue—snap your fingers, clap your hands, whistle, or even tap your desk. This action signals to your mind, *"This thought needs attention."* It anchors the mental process in the physical world, making it easier to notice patterns over time.

**2. Capture the Thought:**

Speak it aloud into a voice note, jot it on a sticky note, or write it in a journal. Recording the thought ensures it isn't just floating in your head—it becomes something you can examine and address.

**3. Create a Reflection System:**

Keep your notes or recordings in a place where you can revisit them daily or weekly. Reflect on the patterns you notice and consider how these thoughts influence your actions, moods, and behaviors.

**4. Replace with Intentional Action:**

Once identified, replace the negative thought with a tangible, practical action rather than a vague affirmation. For example:

- Negative thought: "I can't handle this situation."
- Replacement action: "I will list one step I *can* take right now to move forward, and pray or reflect on it."

### Step 2: The Time (Actions and Patterns)

#### Negative Time

**Negative Actions:**

- Avoiding challenges or opportunities to grow.
- Neglecting prayer, worship, or spiritual practices.

- Giving up on self-improvement or spiritual growth. - Self-sabotaging
  - Isolating oneself from relationships and community. - Cave seasons are repeating themselves
  - Ceasing to pray or engage in faith-based activities.
  - Negative Patterns:**
    - Self-Doubt and Insecurity:** A recurring lack of confidence and fear of failure/success.
    - Spiritual Disconnection:** A pattern of feeling distant from God and neglecting faith.
    - Defeatism:** A cycle of giving up and feeling stuck in guilt or failure.
    - Isolation and Shame:** A tendency to withdraw from relationships and community.
    - Hopelessness in Prayer:** A belief that prayer is ineffective, leading to spiritual despair.
- 

#### Positive Time

- Positive Actions (Regular Service to God's Kingdom):**
    - Tithing and giving generously to support the church and those in need.
    - Volunteering in church ministries (e.g., children's ministry, worship team, hospitality).
    - Participating in fellowship groups or Bible studies to grow in faith and community.
    - Serving in outreach programs to help the less fortunate.
    - Supporting church events and initiatives through time, effort, or resources.
  - Positive Patterns (Ongoing Kingdom Work):**
    - Missionary Work:** Sharing the Gospel and serving communities locally or globally.
    - Building or Scaling Non-Profit Organizations:** Creating or growing organizations that serve God's Kingdom (e.g., feeding the hungry, providing education, and disaster relief).
    - Partnering in Evangelical Works:** Collaborating with others to spread the Gospel through events, media, or campaigns.
    - Mentorship and Discipleship:** Guiding others in their faith journey and helping them grow spiritually.
    - Church Planting or Leadership:** Establishing new churches or taking on leadership roles to expand God's Kingdom.
-



### Step 3: The Harvest (Generations)

#### Negative Harvest

- Generational Impact:**
  - Modeling fear and doubt, leading to insecurity in future generations.
  - Passing down spiritual apathy or disconnection from God.
  - Perpetuating isolation and mistrust in relationships.
  - Creating a cycle of defeat and stagnation.

## Positive Harvest

### **Generational Impact:**

- Modeling confidence and faith, inspiring future generations to trust in God.
  - Passing down a strong spiritual legacy of prayer, worship, and service.
  - Building a culture of love, grace, and meaningful relationships.
  - Creating a cycle of resilience, growth, and trust in God's plan.
  - Inspiring future generations to actively serve God's Kingdom through tithing, volunteering, and leadership.
- 



## Step 4: Preparing for the Kingdom Mind Map

**Reflection Questions:**

- Which seeds (thoughts) am I planting in my life?
- Are my actions aligning with God's purpose?
- Are my patterns reinforcing positive or negative behaviors?
- Am I regularly serving God's Kingdom through tithing, volunteering, or fellowship?
- What kind of harvest am I preparing for future generations?
- How can I shift from negative seeds, actions, and patterns to positive ones?
- Which role in the Five-Fold Ministry (Apostle, Prophet, Evangelist, Pastor, Teacher) aligns with my purpose?

**Kingdom Alignment:**

- Am I building, guiding, or nurturing others in alignment with God's Kingdom?
  - Am I modeling Christ-like behavior for future generations?
  - Am I fostering a legacy of faith, love, and spiritual growth?
  - Am I contributing to God's Kingdom through regular service and ongoing patterns of Kingdom work?
- 

## Path to the Kingdom Mind Map

1. **Start with Seeds (Thoughts):** Identify whether your thoughts are negative or positive.
2. **Evaluate Actions:** Reflect on how your daily actions, including regular service, align with your thoughts.
3. **Recognize Patterns:** Identify recurring behaviors that reinforce your actions, such as ongoing Kingdom work.
4. **Assess the Harvest:** Consider the generational impact of your actions and patterns.
5. **Prepare for the Kingdom:** Shift your focus to align with God's purpose, regular service, and the Five-Fold Ministry roles.

## Next Steps

1. **Fill Out the Checklist:**

Take time to thoughtfully complete the Thought Map Checklist. Be honest and prayerful as you reflect on your current thoughts, actions, patterns, and the harvest you're preparing. This step will bring clarity to areas where you need growth and alignment with God's purpose.

*"Search me, God, and know my heart; test me and know my anxious thoughts" (Psalm 139:23).*

2. **Share the Information with Your Coach:**

Once you've completed the checklist, share your insights with your coach or mentor. They can provide wisdom, encouragement, and accountability as you navigate your spiritual journey. Sharing your reflections opens the door for deeper understanding and support.

3. **Schedule Your Session for Advice:**

Set up a session with your coach to review your Thought Map and discuss actionable next steps. Come prepared with specific questions or areas where you need guidance. Use this time to create a plan that aligns your life with your Kingdom purpose.

Remember, *"Plans fail for lack of counsel, but with many advisers they succeed"* (Proverbs 15:22).