

(19) A Look Inside

Points of Reflection

Video #19: [View/download the video lesson](#)

- ☐ When you feel defeated or discouraged, write down the specific words or phrases that come to your mind.

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- Regularly carry out this exercise, especially when you start to feel sad.

- ☐ Do you note any patterns? Explain.
- ☐ Have you been aware of the exact words that the evil one and his assistants plant into your mind?

☐ **Date Lesson #19 completed** _____