

Take a H.I.K.E.!

📍Halt

Have you been toiling on the "Ruminator's Rut" trail, stuck in your head & following your feelings? Get to Pondering Point; pause and pray.

📍Investigate

Take your thoughts captive at Captivating Cliffs. Inquire of the Lord, seek wisdom to discern where your current thoughts and feelings are leading you.

📍Know the Truth

Make those thoughts obey Christ on the Trail of Truth as you replace lies and misconceptions with biblical truths and entrust your feelings to the Lord.

📍Endure

It's a loop trail! Perseverance Path is an illustration of the lifelong journey of sanctification. You will make many trips around the loop as you grow in steadfastness which is necessary to "be perfect and complete, lacking in nothing (James 1:4, ESV)."

Learn how to take your thoughts captive to obey Christ by taking a

H.I.K.E.!

The map inside is a visual representation of the H.I.K.E. method taught in the companion booklet,

***Trail Guide to Transformation;
Applying Scripture to Renew Your Mind.***

📍Halt: pause those thoughts and feelings.

📍Investigate: ask good questions.

📍Know the Truth: effectively apply Scripture.

📍Endure: build perseverance and steadfastness as you gain ground and experience transformation.



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Trail Guide to Transformation Trail Map

*Applying Scripture to
Renew Your Mind*

Marguerite Donaldson

Take a H.I.K.E. Trail Map

"Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track. Don't assume that you know it all. Run to God! Run from evil! Your body will glow with health, your very bones will vibrate with life!" Proverbs 3:5-8 MSG

