

**THE 7 SPIRITS OF GOD**  
**WEEK 2**  
**THE STRATEGY OF TRUTH**

**Wisdom & Understanding**

**Learner / Student Guide**

By Apostle Robert J Douglas Jr.

Core Scriptures: Isaiah 11:2b; Proverbs 4:7; James 1:5; Romans 12:2; 2 Corinthians 10:4-5

Big Idea: A lie loses power when wisdom exposes it and understanding reveals its root.

Purpose: Help believers learn how to process thoughts through God's perspective, expose confusion, identify roots, and respond with Spirit-led wisdom.

### **This Week's Focus**

Wisdom and understanding help the believer recognize what is true, expose what is rooted, and respond in a way that honors God. This week is about learning how to process thoughts through God's perspective instead of allowing confusion, fear, or overthinking to disciple the mind.

### **Teaching Notes**

Wisdom helps me know the right path. Understanding helps me know what I am really dealing with. A thought can be loud and still not be true. A feeling can be real and still need to be submitted to God. The Spirit of wisdom and understanding teaches me to slow down, discern the root, and respond with truth.

A stronghold often begins as an unchallenged thought. When I allow the Spirit to renew my mind, I learn to reject the lie before it becomes a pattern.

### **Reflection Questions**

- What thought has been repeating in my mind lately?
- What root may be feeding that thought?
- Is this thought producing peace, obedience, and clarity - or fear, shame, and confusion?
- What does God's Word say about this thought?
- What wise action should I take this week?

### **Practice This Week**

Use a thought filter. When a troubling thought comes, pause and ask: Where did this come from? What fruit is it producing? What does God say? What is the wise response?

### **Prayer**

Holy Spirit, give me wisdom and understanding. Teach me to recognize what is from You and what is not. Show me the roots of confusion and overthinking. Help me think truthfully, respond wisely, and submit every thought to Christ.

### **Declaration**

I will not be ruled by confusion. I will not be disciplined by fear. I will not call every thought truth. The Spirit of wisdom and understanding is active in my life. I receive clarity, discernment, and the mind of Christ.

