



## “Win the War in Your Mind”

Mike Hayward 11/21/21

## TALK IT OVER

*Discuss these questions with someone – maybe a family member, friend, or member of your LifeGroup. Use a communication method that works best for your situation.*

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### Week 3 - Defeat Your Negative Thoughts

*For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.* **2 Corinthians 10:3-5 NIV**

- **Cognitive bias:** mistake in reasoning based on personal experiences or preferences.
- **Reframing:** creating a different way of looking at a situation or relationship by changing its meaning.
- You can't control what happens to you.
- **You choose the filter you're going to process that experience through.**

*Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ.* **Phil 1:12-13 NIV**

### Reframing Your Story and Relationships

1. Bring your experience before God.
2. Look at your experience through your understanding of who God is.

✓ **When you follow Jesus, you find true Life.**

Would you say you tend to have a more positive mindset or a negative one?

How could you start training your mind to look for God in every situation?

Read Philippians 1:12-14. What are some ways you could start reframing your circumstances?

Everyone has a personal struggle they're facing. What's yours?

How can you look for God in it?

Start the Winning the War in Your Mind Bible Plan using Plans With Friends: [www.go2.lc/war](http://www.go2.lc/war)

**November's Memory Verse:** *Now the Lord is Spirit, and wherever the Spirit of the Lord is, there is freedom.* 2 Cor. 3:17 NIV

**Monday 11/23- Read Matthew 6:25-34**

**Question:** *So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'* Vs. 31

**Truth:** *But seek first his kingdom and his righteousness, and all these things will be given to you as well.* Vs.33

**Meditate:** Matthew 6:34 – *Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

**Prayer:** Lord, thank you that I can always trust in you and your love for me. Thank you for your provisions.

**Action:** *Turn to God and change the way you think and act, because the kingdom of heaven is near.* Matt. 6:2

**What** can I do to make today better: \_\_\_\_\_

**Tuesday 11/24- Read Romans 8:31-39**

**Question:** *If God is for us, who can ever be against us?*

**Truth:** *Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else?*

**Meditate:** Romans 8:35– *Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death?*

**Prayer:** Lord, I trust in you. Father, even when trouble comes my way I know that you will always love me.

**Action:** *I am convinced that nothing can ever separate us from God's love.*

**What** challenges am I facing today: \_\_\_\_\_

**Wednesday 11/25- Read Proverbs 2:1-11**

**Question:** How should I seek God's wisdom for my life?

**Truth:** *Listen carefully to wisdom, and concentrate on understanding. Cry out for insight, and ask for understanding. Search for them as you would for silver; seek them like hidden treasures.* Vs. 25

**Meditate:** Proverbs 15:14- *A wise person is hungry for knowledge, while the fool feeds on trash.*

**Prayer:** Lord, teach me your truths I want to both understand and live in your truth.

**Action:** *Jesus said to the people who believed in him, "You are truly my disciples if you remain faithful to my teachings.* John 8:31

**What** God is telling me: \_\_\_\_\_

**Thursday 11/26- Read Matthew 3:1-10**

**Question:** What is the evidence that I have surrendered my life to Christ?

**Truth:** *Prove by the way you live that you have repented of your sins and turned to God.* Vs. 8

**Meditate:** Colossians 3:17- *And whatever you do or say, do it as a representative of the Lord Jesus...*

**Prayer:** Confess my sins to God and ask God to help me make changes in my life so I don't repeat them.

**Action:** *...lead a life worthy of your calling, for you have been called by God.* Ephesians 4:1

**What** changes for Christ do I need to make: \_\_\_\_\_

**Friday 11/27- Read Philippians 3:12-14**

**Question:** If I have had many struggles in my life, what can I do to re-energize my life?

**Truth:** *I focus on this one thing: Forgetting the past and looking forward to what lies ahead,*

**Meditate:** Phil. 3:14- *I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.*

**Prayer:** Father God, I am living my life to receive the heavenly prize you have for me.

**Action:** *For I can do everything through Christ, who gives me strength.* Philippians 4:13

**Who** will I love this week and invite to church: \_\_\_\_\_