



“Win the War in Your Mind”

Mike Hayward 11/7/21

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.

Win The War in Your Mind #1:

Let’s take that **Thought Audit**:

Do your thoughts tend more toward...

Worried 1 3 5 7 10 **Peaceful**

I find myself thinking more about things I can’t control, or I find myself thinking more about how my response to those things I can’t control will honor God.

Negative 1 3 5 7 10 **Positive**

I find I am more critical, skeptical, pessimistic, and more often to point out what’s wrong, or I am more hopeful, finding the good, and looking to encourage what’s right in those around me.

Worldly 1 3 5 7 10 **Eternal**

Do my actions and attitudes reveal that I value possessions, position, and outcomes in circumstances more than I think I do, or reveal that I have hope beyond my experience and am preparing for when all things are made new?

Self 1 3 5 7 10 **Christ**

Am I more motivated by what I stand to gain/lose, or by how I can experience Jesus and honor Him in how I live my life?

Taking an honest assessment of the above audit, how are you faring in the war in mind? What can you change to be more stable? What is a good first step to make that change?

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

• Does your mind dwell more on the good or the negative circumstances of life?

• **Read 2 Corinthians 10:3-5** What kind of attacks has Satan thrown your way?

What scriptures or truths have you used to demolish arguments that try to attack your faith?

• **Read 2 Peter 1:2-4** How has your knowledge of Jesus provided your life with grace and peace?

• **Read 2 Peter 1:5-11** How are you adding to your faith in Jesus, the qualities mentioned in these scriptures?

• **Read Philippians 4:8** How will you put this scripture into practice on a daily basis this next week?

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 11/8- Read Proverbs 8:1-35

Question: How valuable is wisdom?

Truth: *for wisdom is more precious than rubies, and nothing you desire can compare with her.* Vs. 11

Meditate: Proverbs 8:35– *For those who find me find life and receive favor from the Lord.*

Prayer: Lord, teach me your ways, help me to become more like you.

Action: *Listen to my instruction and be wise; do not disregard it.* Proverbs 8:33

What God is telling me to do: _____

Tuesday 11/9- Read Proverbs 4:1-27

Question: Can wisdom be obtained?

Truth: *Wisdom is supreme; therefore get wisdom. Though it cost all you have, get understanding.* Vs. 7

Meditate: Proverbs 4:23 – *Above all else, guard your heart, for everything you do flows from it.*

Prayer: Lord, help me to understand your wisdom and to put your teachings into practice.

Action: *Hold on to instruction, do not let it go; guard it well, for it is your life.* Proverbs 4: 13

What God is telling me to learn: _____

Wednesday 11/10- Read Proverbs 1:1-7

Question: For what purpose should I study God's Word?

Truth: *Their purpose is to teach people **wisdom and discipline**, to help them understand the insights of the wise.*

Meditate: Proverbs 1:7- *Fear of the Lord is the foundation of true knowledge, but fools despise wisdom and discipline.*

Prayer: Lord, I'm listening teach me to live in peace and prosperity.

Action: Learn to live a disciplined and successful life by putting God's principles into practice.

What God is telling me to do today: _____

Thursday 11/11- Read Proverbs 12:1-28

Question: Who can help me get wisdom?

Truth: *Fools think their own way is right, but **the wise listen to others.*** Vs. 15

Meditate: Proverbs 13:20- *Walk with the wise and become wise; associate with fools and get in trouble.*

Prayer: Lord, thank you for all the wise and wonderful people I can learn from at my church.

Action: Make a commitment to discuss the scriptures with other believers on a weekly basis.

What God is asking me to do: _____

Friday 11/12- Read Proverbs 22:1-29

Question: Why is it important that I work to memorize scripture?

Truth: *For it is good to keep these sayings **in your heart** and always **ready on your lips.*** Vs.18

Meditate: Proverbs 7:1- *My son, keep my words and store up my commands within you.*

Prayer: *I have hidden your word in my heart, that I might not sin against you.* Psalm 119:11

Action: *True humility and fear of the Lord lead to riches, honor, and long life.* Proverbs 22:4

Who will I love this week and invite to church:
