

January 23, 2022

Winning The War In Your Mind

Pastor Brian Greenleaf, Lead Pastor



Defeat Your Negative Thoughts

Romans 12:2, 1 Corinthians 10:3-5, Philippians 1:12-13, Romans 8:28

Reframe your story, situations, and relationships

1. Thank God for what _____ happen.
2. Practice _____.
3. Look for God's _____.
4. Default to what you _____. Rely even more on God for what you _____.

Stop interpreting God through circumstances. Start interpreting circumstances through the goodness of God.

Romans 12:2: *"Changing the way you think changes your perspective which changes how you act in the world. Paul's words aren't new. 'Change your mind' is the central theme of Jesus' first sermon (Matt. 4:17). Jesus challenged people to change their thinking because regardless how many times you read through the Bible, if your mind doesn't change, you will simply impose your biases and labels on the words you read."*

~ Bayside Church

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Sermon Talks:

1. What caught your attention in this week's sermon? Was there something you had never heard before or something you had a question about?
2. Do you use filters on your photos or social media? If so, which ones are your favorites?
3. 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? How do you rate yourself on the "Thought Audit"?
Negative 1 2 3 4 5 6 7 8 9 10 Positive
4. Share a time when you saw Jesus bring meaning and purpose to your pain.
5. Read Philippians 1:12-14.
 - Describe Paul's situation.
 - How did he reframe the situation?
 - What does he mean when he says he is "in chains for Christ?"
6. Everyone has personal struggles they face.
 - What is yours?
 - How can you reframe those struggles?
 - How can you look to God within the struggle?
7. This morning we looked at three ways to reframe your story, situations, and relationships.
 - Which one(s) are you currently practicing?
 - Which one needs the most work?

Pray about it:

Be bold and pray with power.

Father, give me eyes to see Your faithfulness, goodness, and grace at work, even when I face difficult situations. I want to know you more. Help me do that each day. When I am in a situation that I do not have an answer to, help me to focus on what I know about You and rely on You more for those things I don't. Thank you for Your promise that You will never leave me or forsake me. Help me reframe my perspective and look for you in all things. In Jesus' name, amen.

LET'S DEFEAT OUR NEGATIVE THOUGHTS!