

# Winning the War in Your Mind

## Defeating Negative Thoughts

### TALK IT OVER

#### Key Scriptures

*We are human, but we don't wage war as humans do. 4We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. 5We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.2 Corinthians 10:3-5 NLT*

*And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8 NLT*

*And I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News. 13For everyone here, including the whole palace guard, knows that I am in chains because of Christ. 14And because of my imprisonment, most of the believers here have gained confidence and boldly speak God's message without fear. Philippians 1:12-14 NLT*

*Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. 1 Thessalonians 5:18 NLT*

*The faithful love of the Lord never ends! His mercies never cease. 23Great is his faithfulness; his mercies begin afresh each morning. Lamentations 3:22-23 NLT*

#### Start talking. Find a conversation starter for your group.

- Do you use filters on your photos on social media? If so, which one is your favorite? If not, why not?

#### Start thinking. Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- 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. Paul chose to frame his circumstances through the filter of the goodness of God. What are some ways you could start reframing your circumstances?

#### Start sharing. Choose a question to create openness.

- Share about a time when you saw Jesus bring meaning and purpose to your pain.
- Pastor Lane shared three keys to reframing our circumstances. Thank God for what didn't happen, practice pre-framing, and look for the goodness of God. How can you put those into practice with the circumstances you are dealing with right now?
- Share about a time when you couldn't see the goodness of God in the circumstances you were facing. How did God get you through them?

#### Start praying. 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. Draw me close to You. Thank You for always being with me. Help me reframe my perspective and look for You in all things. In Jesus' name, amen.*

#### Start doing. Commit to a step and live it out this week.

- Spend time praying over the struggles everyone's facing. Ask God not only for comfort but also for eyes to see His goodness, even in the middle of pain.
- Look for the goodness of God this week and write them down so you don't forget. At the end of the week, look back at all the good things you observed, and take some time to thank God for them.