



WINNING SESSION 4 THE WAR NOTES IN YOUR PANIC & MIND PRAISE

TRAPPED IN OUR THINKING

FIGHT, FLIGHT, OR FREEZE

Our thoughts _____ our emotions, our behaviors, and our physiology.

Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. **6** So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. Romans 8:5-6

THE GOD BOX

Worry is the _____ of _____ the promises and power of God.

If it's big enough to _____ about, then it's big enough to _____ about.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6,7

RISING ABOVE

In _____, God _____ us.

Rejoice in the Lord and always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is NEAR. Philippians 4:4,5

THE PERSPECTIVE OF PRAISE

When we _____ God's _____ - always mindful that he is _____ - we will pray, and when we pray, that leads us to _____.

- They were praising God for the _____, not the _____.
- They were praising God before the _____.
- They were praising God and _____ He showed up.

ACTS 16

THE REJOICE PRINCIPLE

REVIVE YOUR SOUL, RECLAIM YOUR LIFE

READY FOR BATTLE

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 Cor. 10:3-5