



# 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