



# WINNING SESSION 3 THE WAR NOTES IN YOUR FILTERS & MIND FRAMING

**A NEW WAY**

**WHAT DRIVES YOU?**

Our \_\_\_\_\_ to us \_\_\_\_ the time.

25All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. 26So I run with purpose in every step. I am not just shadowboxing. 27 I discipline my body like an athlete, training it to do what it should. 1 Corinthians 9:25-27

**WHAT'S YOUR FILTER?**

The \_\_\_\_\_ you have \_\_\_\_\_ how you see life.

**Cognitive Bias - Mistake in reasoning based on personal experiences or preference**

**Vulture**



**Hummingbird**



**WHAT'S IN YOUR FRAME?**

You can't control what \_\_\_\_\_ to you, but you can control how you \_\_\_\_\_ it.

**8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. Philippians 4:8,9**

**THE GOODNESS OF GOD**

**REFRAME YOUR MIND RESTORE YOUR PERSPECTIVE**

**TAKE HOME**

We cannot control what happens to us, but we can control how we perceive it. We all have cognitive biases that cause us to see things in ways that do not reflect reality. But we have the power to do cognitive reframing, changing how we view the past and the future. Take some time to walk through these steps.

1. Identify any areas where you are driven by feelings or cognitive biases. These can be difficult to identify in our own lives, but looking for these areas and becoming aware of our thoughts and beliefs can help us win the war in our minds. Consider asking someone close to you for feedback to help you identify areas you need to work on. Begin to pray and take steps to move from feelings to faith according to the truths of God's Word.
2. Look at your past and present and begin to reframe them from a positive perspective. Envision your future and pre-frame it according to God's promises and goodness. Memorize Phil 4:8,9 and begin to practice thinking about good things.

**Pray - 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.**