

MIND GAMES

MAY 8TH, 2022 | GLEN BARNES

First
The word of God

change your thinking. change your life.

KEY SCRIPTURES:

“ For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ 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 CORINTHIANS 10:3-5 (NIV)

“ Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”

~ ROMANS 12:2 (NIV)

KEY CONCEPT: Our lives are always moving in the direction of our strongest thoughts.

DEFEAT YOUR NEGATIVE THOUGHTS

“ For as he thinks in his heart, so is he.” ~ PROVERBS 23:7 (NKJV)

Cognitive Bias:

A mistake in reasoning based on personal _____.

Sometimes our thinking is not based on the _____ but on the _____.

Reframing My Thoughts:

BIBLICAL EXAMPLE: 12 Spies and the Promised Land (NUMBERS 13)

Creating a different way of looking at a situation or relationship by changing _____.

I can't control what happens to me in life but I can control how _____.

New Testament Example of Reframing:

“ Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. ¹³ As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. ¹⁴ And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.”

~ PHILIPPIANS 1:12-14 (NIV)

Old Testament Example of Reframing:

“ You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people.”

~ GENESIS 50:20 (NIV)

KYLE'S POEM: *(Be careful how you read it)*

God doesn't love me
You can't force me to believe
God is good
This is the One Truth in life
This world is a product of chance
How can I believe that
God will use my life
I know with certainty that
God has left me
Never again will I say that
Christ is risen from the dead
I know now more than ever in my life that
Man can save himself
We must realize that it is ignorant to think
God answers prayers
Christians declare that
Without God this world would fall into darkness
This world can and will meet my needs
It is a lie to say that
God has always been there for me
I now realize that
No matter what I do
The Truth is
He doesn't love me
How can I presume that
God is good.

My Commitment To

DEFEAT MY NEGATIVE THOUGHTS

Be on the lookout for

“ Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Savior.”

~ HABAKUK 3:17-18 (NIV)

Habakuk evaluated his circumstances through the filter of God's goodness. He did not evaluate God's goodness based on his circumstances.

COMMUNITY GROUP Questions:

COMMUNITY GROUP VIDEOS *available on the APP* |    

- 1 - Who would you say is the most positive person that you know?
- 2 - 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?
- 3 - Read Philippians 1:12-14. What is surprising to you about what Paul writes here knowing what you do about his situation (prison)? Read Philippians 4:4-7. Are these surprising words to you from a guy in prison?
- 4 - How would you say that in Philippians 1:12-14 is Paul "Reframing" his situation?
- 5 - What is a situation or relationship that you currently have a negative attitude toward and is there a way that you can reframe it?
- 6 - Have someone read Kyle's Poem from top to bottom and then bottom to top. What is your response to hearing these two readings?

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