

MIND GAMES



change your thinking. change your life.

TAKE YOUR MIND BACK.

MAY 1ST, 2022 | STEVE STEELE



“ Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.”

~ ROMANS 12:2 (NLT)

OUR LIVES ARE ALWAYS MOVING IN THE DIRECTION OF OUR _____.

Recognize _____.

RUT /rət/ noun

“ Why am I discouraged?
Why is my heart so sad?
I will put my hope in God!
I will praise him again -
my Savior and my God!
Now I am deeply discouraged,
but I will remember you - ”

~ PSALM 42:5-6A (NLT)

A RUT IS _____,

HAS NO _____,

AND REQUIRES _____.

Create a _____.

“ 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)

TRENCH /tren(t)SH/ noun

A TRENCH IS _____,

FOR A _____, TO FIX A _____.

_____, _____, and Chew _____.

“ ...meditate on these things.” ~ PHILIPPIANS 4:8B (NKJV)

MEDITATION: To _____ Ones Thoughts.

“ But they delight in the law of the Lord, meditating on it day and night.

~ PSALM 1:2 (NLT)

CHEW THE CUD: *Meditating on it day and night.*

ANGER – “Anger does not produce the righteousness God desires.” (James 1:20)

MONEY – “God will meet all your needs according to the riches of his glory in Christ Jesus.” (Philippians 4:19)

LUST – “Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable.” (Philippians 4:8)

LONELINESS – “The Lord is near to those who call on Him” (Psalm 145:18)

IDENTITY – “I am fearfully and wonderfully made” (Psalm 139:14)

ANXIETY – “Be still and Know that I am God” (Psalm 46:10)

DEPRESSION – “This is the day the Lord has made I will rejoice and be glad in it.” (Psalm 118:24)

OVERWHELMED – “I can do all things through Christ who Strengthens me” (Philippians 4:13)
“Give all your worries and cares to God, for he cares about you.” (1 Peter 5:7)

ADDICTION – “My grace is all you need. My power works best in weakness.” (2 Corinthians 12:9)

So WHAT?

“ I have hidden your word in my heart, that I might not sin against you. I praise you, O Lord; teach me your decrees. I have recited aloud all the regulations you have given us. I have rejoiced in your laws as much as in riches. I will study your commandments and reflect on your ways. I will delight in your decrees and not forget your word.”

~ PSALM 119:11-16 (NLT)

_____ IT, _____ IT, _____ IT,
UNTIL YOU _____ IT.

COMMUNITY GROUP Questions:
(Questions and Scriptures for further study)

COMMUNITY GROUP VIDEOS now available on the APP |

- 1- What are some of your favorite Games? (Board Games, Card, video, etc) Do you like more strategic, thinking games or games that require less mental effort? Why?
- 2- Read Romans 12:2. In what ways have you changed your mind and your thinking on certain topics or issues over the years? How has your faith influenced those changes?
- 3- Read Psalm 42:5-6. Where in the past have you found your thinking stuck in a rut? Where do you find your thinking stuck in a rut today?
- 4- The ruts we get stuck in are often rooted in childhood experiences. Have you experienced this in your life? How has it affected you?
- 5- Read Philippians 4:8. Have you ever practiced any kind of meditation? What was your experience like? Have you meditated on God's word? What was the result?
- 6- Read Psalm 119:11-16. What are some truths from God's word you can write, meditate on, and speak out loud to combat against?
- 7- How can you develop the kind of repetition (Chew the cud), that is required to truly change your thinking away from the world, towards God's truth?

GET CONNECTED at FIRST:



ONLINE at
fbclodi.org



The APP
Search "FBC Lodi"



EMAIL and PRINT
Weekly Email & Monthly NewsLetter

267 N. MILLS AVE
209.334.1332



* MIND GAMES Series adapted from *Winning The War In Your Mind* by Craig Groeshel