

Winning the War in Your Mind

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TALK IT OVER

Key Scriptures

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 Corinthians 10:3-5 NIV

For as he thinks in his heart, so is he. ... Proverbs 23:7 NKJV

His divine power has given us everything we need for a godly life ... 2 Peter 1:3 NIV

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Visit info.life.church/talkitover

Whoever finds God, finds life.

More of God's truth all week long at finds.life.church

Let Pastor Craig lead your LifeGroup.

- Pastor Craig partnered with the *You've Heard It Said* podcast to create LifeGroup discussion episodes for *Winning the War in Your Mind*. Find the first episode at www.go2.lc/win

Start talking. Find a conversation starter for your group.

- What's a song that constantly gets stuck in your head?

Start thinking. Ask a question to get your group thinking.

- Think about a time you struggled with anxiety or toxic thoughts. What did you learn through that experience?
- Our lives are always moving in the direction of our strongest thoughts. Where do you think your life is headed, based on your thoughts? Is there anything you would like to change about your destination?

Start sharing. Choose a question to create openness.

- What stronghold is holding you back? What negative statement do you say about yourself, and how does it affect you?
- What truth demolishes that stronghold? How can you replace that negative statement with truth from Scripture?

Start praying. Be bold and pray with power.

Father, reveal to me any lies that I am believing about myself, others, or You. Help me replace those lies with Your transformative, healing truth. Renew my mind. Transform my thoughts. And make me more like You today and every day. In Jesus' name, amen.

Start doing. Commit to a step and live it out this week.

- [Create a truth statement to combat lies you're believing. Share it with your LifeGroup, then commit to declaring it over yourself every day for 30 days.](#)
- Start the *Winning the War in Your Mind* Bible Plan using Plans With Friends: www.go2.lc/war
- Consider how you could love others by serving on the weekend (www.life.church/serving) or with a Local Mission Partner (www.life.church/localmissions).