

# Series: "Own Your Past, Change Your Future"

## Sunday Message: "How Do I Change My Thoughts?"

April 21, 2024 Brent Knox

### Icebreaker:

What are you tempted by that is either sinful, expensive, or fattening?

### Sermon Summary:

Our mind is a battlefield.

We have a real enemy.

If we are passive, we will lose.

It's time to go to war!

### General Discussion [Groups of 4]:

Read Matthew 4:1-11, NLT

1. Who is the tempter? How is the tempter described in John 8:42-47? How does the tempter influence people?
2. In Brent's message, he mentioned how psychologists help people by using the ICR method (I-Identify the lie, C-Confront the lie, R-Replace the lie). How does Jesus use the ICR method for each of the three temptations:
  - a. What is the hidden lie?
  - b. What potentially might appeal to Jesus? What is the human need?
  - c. What price would there be if he were to yield/comply with the tempter?
  - d. How does Jesus respond?
3. Why did God lead Jesus into a bad place to be tempted by a bad person when he was vulnerable (physically hungry & probably weak)? See Hebrews 2:14-18, 4:14-16. How does Jesus' "testing" in the wilderness help you praise and adore Him?

### Application Discussion:

4. Self-talk may not be self-talk. Self-talk may be thoughts implanted directly into our minds by our enemy. Also, self-talk can be lies that were implanted as a result of past trauma, wounds, or experiences. Additionally, self-talk can be lies that arise from the intense messaging from the world. What kind of "self-talk" do you wrestle with the most? How can you replace the self-talk with specific truth? For example,
  - a. "I am unlovable."
  - b. "I am ashamed of what I did. I am a hypocrite."
  - c. "I have a lid on my life because of what has happened to me."
  - d. "My life would be better if I only had \_\_\_\_\_."
  - e. "I am anxious that people will leave me."
  - f. "I have accomplished a lot. I look pretty. People admire me. I am better than most people."
  - g. Other?
5. What is your greatest temptation right now? How can others help?

Please pray for each other for how you answered questions #4 and #5.