

**Defeating Your Negative Thoughts**  
**Winning the War in Your Mind — Part 3**  
**July 31, 2022**  
**New Song Community Church**  
**Pastor Lane Olson**

**Review:**

1. The mind is a battlefield. Most of life's battles are won or lost mind.
2. The life you have is often a reflection of the thoughts you think.
3. You cannot have a positive life with — a negative mind.

**Text: 2 Corinthians 10:3-5**

**A. Cognitive Biases:**

1. Defined as a mistake in reasoning based on personal experiences or preferences.
2. The filters (past experience and beliefs) you have shape how you see life.
3. Not just the filter, it's also the frame.
4. You can't control what happens to you, but you can control how you frame it.

**Phil 1:12-13**

**B. Reframing your story and relationships.**

1. Thank God for what didn't happen. (Bad)
2. Practice pre-framing.
  - i. Look for ways to Thank God for what didn't happen.
  - ii. Look for God's goodness. You will usually find what you are looking for.

**C. Cognitive Reframing.** Empowering you to decide the meaning of an event.

1. Let Jesus help you to decide the meaning of a life event.

2. Faith in the goodness of God.

**Romans 8:28**

- i. Reframe it ...in the middle of the test reject unhealthy thoughts.
  - ii. New Song in the middle of the covid season...if God works all things for the good...then He is at work in the middle of the mess (eternal perspective).
  - iii. Not passively receiving circumstance—actively interpreting.
3. Not interpreting God thru circumstances! Interpreting my circumstances through the goodness of God!

**Next Steps: Today I Am:**

- 1. Committing/recommitting my life to Christ.
- 2. Asking God to help me take control of my negative thoughts.
- 3. Asking God to help me reframe the current events of my life.
- 4. Asking God to remind me of His goodness.