

OVERCOMING THOUGHTS

Sermon Series : Overcome

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1 John 4:4

Sometimes we want deliverance, when God is trying to teach us to walk in victory.

We can't control our circumstances but we can control our reactions to those circumstances

1. **Overcoming Is Fought Between The Ears More Than Between The Muscles** (Rom 7:23, 12:2; Acts 14:2; 2Cor 11:3; Jas 1:8; Pv 23:7; Matt 16:8, 23)
2. **An Overcome Mind Will Never Give You An Overcoming Life** (Deut 30:19)
3. **Thoughts Are Overcome In Community But Are Amplified In Isolation** (Exod 17:8-13; Rom 6:8)

HEALTHY THOUGHTS

-Peace -Self-Control
-Joy -Kindness
-Goodness -Patience
-Faithfulness -Gentleness



LOVE TREE

TOXIC THOUGHTS

-Physical Illness -Depression
-Addictions -Anxiety
-Stress -Patience
-Learning Issues -Self Harm



FEAR TREE

“Thoughts are real, physical things that occupy mental real estate. Moment by moment, every day, you are changing the structure of your brain through your thinking. When we hope, it is an activity of the mind that changes the structure of our brain in a positive and normal direction.” (Dr. Carolyn Leaf, *Switch on Your Brain*, p19)

QUESTIONS

1. Glean the collective knowledge of your Group: What passages in Scripture shed insight into how we overcome negative thinking? What wisdom do they offer?
2. What are the differences between “positive thinking” and “being transformed by the renewing of your mind”?
3. What obstacles keep us from inviting/allowing our community to play it's role in helping overcome thoughts?

1 John 4:18 “There is no fear in love. But perfect love drives out fear.”