

What Were You Thinking?

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

God doesn't have adversaries. The devil is our adversary but we have God!

- **Submit every thought to God.** (2 Corinthians 10:3-5)

Beloved friends, what should be our proper response to God's marvelous mercies? To surrender yourselves to God to be his sacred, living sacrifices. And live in holiness, experiencing all that delights his heart. For this becomes your genuine expression of worship. Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God's will as you live a beautiful life, satisfying and perfect in his eyes. Romans 12:1-2 TPT

A thought audit: Where do you currently sit on each?

Worried	1	2	3	4	5	6	7	8	9	10	Peaceful
Negative	1	2	3	4	5	6	7	8	9	10	Positive
Worldly	1	2	3	4	5	6	7	8	9	10	Eternal

Reframe your thinking.

1. Thank God for what didn't happen.
2. Practice Pre-framing
3. Look for Gods goodness

Rejoice in the Lord always. Again I will say, rejoice! ⁵ Let your gentleness be known to all men. The Lord is at hand. ⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Philippians 4:4-7

Brothers and sisters, think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected. Philippians 4:8(NCV)

Get quiet with God and let Him highlight to you any area of wrong thinking.

Let's Connect

- Are you better at spotting the good or the not-so-good in situations?

Let's Talk About It

On a daily basis, one of the most important battles we fight is the battle of the mind. Why is this so important? Because how you think will shape how you live. And lies believed as truth will affect us as if they are true. The good news is that you can change the direction of your life by changing the way you think. Identify the number one stronghold holding you back. Take captive the destructive thoughts and replace the lies with God's truth. When you learn to reframe your thinking according to God's Word, you'll experience the peace and clarity of mind God desires for you.

Proverbs 23:7; 2 Corinthians 10:3-5; Luke 6:45; Romans 12:1-2

- Which part of the message impacted and challenged you?
- Read 2 Corinthians 10:3-5 and Romans 12:1-2. What areas of your life do you have wrong thinking? How can you take the thought captive and fight the lie by replacing it with a truth from God's Word?
- Discuss how you ranked your thoughts on the scales Pastor Mike talked about. How have these destructive thoughts affected you? As a group, brainstorm some scriptures and Bible truths you can use to combat these thoughts.
- Read Philippians 4:4-8. How have you experienced the light of God's truth transform the way you think?

Take a Step

- Pick your strongest negative thought and find an even stronger truth in the Bible to combat it daily.

Here's My Prayer

- Heavenly Father, You are so good and trustworthy. Thank You for giving us the power of Your Word and the Holy Spirit living in us to combat the negative thoughts we face. Please give us the discernment and wisdom to identify the lies we believe and build our faith as we replace them with the truth of your Word. In Jesus' name, Amen!