

reMIND

Reframing Your Mind

11-3-19

re-mind: to put in mind of something: bring an image or idea from the past into the mind.

What is a stronghold? _____

2 Corinthians 10:3-5- For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have **divine power** to **demolish strongholds**. ⁵ 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**.

Big Idea: Your life will always move in the _____
of your strongest _____.

- * The more you think a thought, the easier it is to think that thought again.
- Cognitive bias: a mistake in reasoning based on _____ preferences or beliefs.

Reframing Your Thoughts

- Reframing: Creating a different way of looking at a situation, person, or relationship by _____ its meaning.

- You can't _____ what happens to you, but you can control how you _____ it.

Philippians 1:12-14 - Now I want you to know, brothers, that what has happened to me has really served to advance the gospel. ¹³ As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. ¹⁴ Because of my chains, most of the brothers in the Lord have been encouraged to speak the word of God more courageously and fearlessly.

- Habits that will reframe your thoughts:
 - 1) Thank _____ for what _____ happen.
 - 2) Practice _____ (choose the frame before the event).
 - 3) Remind yourself of what _____ did for you.

Romans 8:1 - Therefore, there is now no condemnation for those who are in Christ Jesus...

- 4) Ask the _____ to change your thoughts.

Romans 8:5-7 - Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶ The mind of sinful man is death, but the mind controlled by the Spirit is life and peace; ⁷ the sinful mind is hostile to God.

- 5) Realize you have the _____ to reframe your thoughts.

Romans 8:8-9 - Those controlled by the sinful nature cannot please God. ⁹ You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ.

- 6) Remind yourself that God is _____
and in _____.

Romans 8:26, 28, 31-32 - In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. . . . ²⁸ And we know that in all things God works for the good of those who love him, who have been called according to his purpose . . . ³¹ What, then, shall we say in response to this? If God is for us, who can be against us? ³² He who did not spare his own Son, but gave him up for us all – how will he not also, along with him, graciously give us all things?