

Oakley Campus | Week at a Glance | 6/18-6/24

Sunday Service Times: 8:40, 9:50, and 11:00 AM
or online at laurelridge.online.church

Sundays, Nursery/Preschool: 8:40, 9:50, and 11:00 AM

Sundays, Kids (K-6th) Services: 8:40, 9:50, and 11:00 AM
Streaming online at 9:50 AM: "Ridge Kids" on YouTube

Tuesdays, Celebrate Recovery: 6 PM, Oakley Campus

Thursdays, Prayer Team: 5:30 PM, Conference Room

**For all Nursery-12th Grade programs, contact brandon@laurelridgechurch.org

Bethel Island Campus | Week at a Glance

Sunday Service Times: 11:00 AM
Wednesdays, Bible Study: 7 PM, Fellowship Hall

For other opportunities and Community Group info, visit laurelridgechurch.org

*Register at laurelridgechurch.org/register

Oakley Campus Planner

6/18: Father's Day

6/20: Boomers Lunch Benicia, 9:15am

6/21: Summer Fun Game Night: Giants Nights,
Gr 4-7, 5-8pm

*6/25-8/27: Summer Community Groups

6/28: "Medieval (K) nights", Gr 8-12, 6-8pm

7/4: Office closed Independence Day

7/10: Mommy Meet Up, 9-11:30am, Gym

7/19: Summer Fun Game Nights: Movie Night, Gr 4-7, 5-8
pm

*7/19: K-3rd Gr with Parent Scavenger Hunt, 5-8pm

7/26: High School Night: Giant Game, Gr 8-12, 6-8pm

8/2: Summer Fun Game Nights: Unbirthday Party, Gr 4-7,
5-8pm

*8/6: Next Steps Begins, 9:30, Rm 301

8/6: Promotion Sunday, K-12 Gr

*8/9: Ridge Kids and Preteen Adventure Starts, K-4Gr,
5 & 6 Gr, 6:15-8pm

8/9: Welcome Wednesday, Gr 7-8, Gr 9-12, 6:15-8pm

*8/12: Grief Share Loss of a Spouse Seminar, 10 am

*9/3: Base Camp Starts, 9:30am, Room 204

9/4: Office Closed Labor Day

*9/10: Children Baptism Class, 12:10pm, Room 301

*9/10: Secret Sisters Luncheon, 1pm, Gym

9/10-11/12: Fall Community Groups

9/24: Baptism Sunday, 11am

Laurel Ridge Church: Seek God. Build Community. Unleash Compassion.



MIND WARS
Changing Your Mind
June 18, 2023

What is a stronghold? *Fortified Prison*

2 Corinthians 10:3 - 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 thoughts.

- The more you think a thought, the _____
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.

- _____ that will help you reframe your thoughts:
- 1) Thank _____ for what _____ happen.
 - 2) Practice _____.
(Choose the frame before the event)
 - 3) _____ yourself of what Jesus 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 8:26-32 - 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?

Wi-Fi password: lrccguest

Five Easy Ways to Give:

1. In Person: Place your offering in an offering box at either exit.
2. Our App: Search for “Laurel Ridge Community Church” on iOS and Android.
3. Online: laurelridgechurch.org/give
4. Bill Pay: Setup LRCC on your bank's Bill Pay.
5. Mail a check to the church: 2459 Laurel Road, Oakley, CA 94561

Questions? Call 925-625-9500