

WINNING THE WAR IN YOUR MIND—3 DEFEAT YOUR NEGATIVE THOUGHTS

- **The life you have is often a reflection of the thoughts you think.**

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

- ***cognitive bias*: mistake in reasoning based on personal experiences or preferences**
- ***reframing*: creating a different way of looking at a situation or relationship by changing its meaning**
- **You can't control what happens to you.**
- **But you can control how you frame it.**

Now I want you to know, brothers and sisters, that what has happened to me really sucks. As a result of the hell I've been through, I'm quitting LifeGroup and never going back to church. Philippians 1:12-13 NWV

Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. ¹³As a result, it has become clear throughout the whole palace guard and

to everyone else that I am in chains for Christ. Philippians 1:12-13 NIV

And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear. Philippians 1:14 NIV

REFRAMING YOUR STORY AND RELATIONSHIPS

- 1. Thank God for what didn't happen.**
- 2. Practice pre-framing.**
- 3. Look for God's goodness.**

TALK IT OVER

Would you say you tend to have a more positive mindset or a negative one? How could you start training your mind to look for God in every situation?

Read Philippians 1:12-14. What are some ways you could start reframing your circumstances?

Everyone has a personal struggle they're facing. What's yours? How can you look for God in it?

Start the *Winning the War in Your Mind* Bible Plan using Plans With Friends: www.go2.lc/war