

Our Thoughts Will Determine Our Actions Which Will Direct Our Lives.

Carefully guard your thoughts because they are the source of true life. Proverbs 4:23 (CEV)

We have Neural Pathways in our brains and the more you _____ a _____, good or bad, the _____ it is to think it again.

- **Cognitive Bias** – Mistakes in reasoning based on personal preferences, beliefs, and past experiences. (Mental filter or framework that impacts how you think.)
These cognitive biases or filters effect how we see the world and often times lead to irrational decisions.

It’s not that the _____ are different – It’s the _____ or _____.

Reframing

- **Reframing**—Creating a different way of looking at a situation, person or relationship in a context that allows us to recognize and appreciate positive aspects of our situation.
 - **You can’t _____ what happens to you. But you can control how you _____ it.**

The Apostle Paul’s Reframing

Philippians 1:12-14 Now I want you to know, brothers and sisters, that what has happened to me has actually 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 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.

REFRAMING YOUR STORY AND RELATIONSHIPS

1) Thank God for what bad things _____ .

2) Practice _____ - _____ . Remember our Thoughts or Frames will shape what we experience.

What we _____ — Determines how we will _____ .

3) _____ for God’s _____ .

Romans 8:28 And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

Bold Next Step: This week I will not interpret God through my circumstances. But rather I will Interpret my circumstances through the goodness of God!

You can’t control what happens to you. But you can control how you frame it.

Life App Group and Family Devotional Application

1. Cognitive Biases can cause you to make unwise choices and decisions. What cognitive bias (personal preferences, beliefs, and past experiences) have influenced your decisions?
2. In your own words, explain how reframing works.
3. Read Philippians 1:12-14. Describe a situation you’re facing that you’d like to reframe your perspective about. What can you thank God for about your situation? How can you grow from it? How will you look for God’s goodness in it?
4. What bad things happened to you last week? What bad things DIDN’T happen that could have?
5. You are about to go to do something that you don’t really like or enjoy. How can you pre-frame the event? Give some examples of pre-framing.
6. Give some examples of “looking for” and “finding” God’s goodness in difficult situations.
7. Look over and share a few of Pastor Groeschel’s list of declarations for reframing your thoughts: www.life.church/declarations

Answers: think – thought – easier / FACTS – FILTER – Frame / control – frame / didn’t – happen / pre-framing / Believe – Behave / Look – goodness