

**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)

***Change Your Thinking, Change Your Life***

**Our Goal Is a Christlike Mind** 1 Corinthians 2:16

**The Battlefield of Our Mind** It is a battle between God's truth about you and Satan's lies to you.

2 Corinthians 10:3-5

**Winning The War in Your Mind**

1. Identify the number one stronghold that is holding you back. *Romans 12:2*
2. Name the truth that demolishes that stronghold. *John 8:32*

**We have Neural Pathways in our brains and the more you think a thought, good or bad, the easier 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.)

**It's not that the FACTS are different – It's the FILTER or Frame.**

- **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. (Changing or taking off the filter.)
  - **You can't control what happens to you. But you can control how you frame it.**

**TRAINING YOUR MIND**

1. **Set your mind on \_\_\_\_\_ .** *Colossians 3:2*
2. **Allow Christ Jesus to \_\_\_\_\_ your mind \_\_\_\_\_ .** *Philippians 4:6-7*
3. **Follow the example of Godly \_\_\_\_\_ .** *Philippians 4:9*
4. **Pray for and submit to the \_\_\_\_\_ of \_\_\_\_\_ .** *1 Corinthian 2:16*  
***"We don't give God a piece of our mind; He gives us a piece of His!"***
5. **\_\_\_\_\_ your thought life.** *Philippians 4:8 NLT / Psalm 101:3 (NASB)*

**6. Meditate on the truths in God's Word.**

**meditation:** to engage in mental \_\_\_\_\_;

to \_\_\_\_\_ one's (God's) thoughts.

*Psalms 119:15-16 / Psalms 143:5*

- **What stronghold is holding you back?**
- **What truth demolishes that stronghold?**

**Life App Group and Family Devotional Application**

1. Colossians 3:2 tells us to set our minds where? Give us some suggestions on how to do that.
2. How do we allow the Lord to GUARD our heart and mind? (Philippians 4:6-7). Why does that work?
3. Do you have any Godly role models who have inspired you with the way they think and speak?
4. If we have the mind of Christ, why do we so often get caught up in stinking thinking?
5. Using Philippians 4:8 as your standard... how has your thought life been this week? Your entertainment choices? Your conversations? Your social media posts?
6. What does it mean to mediate on the Word of God? How do you do that? Are you allowing God's truths to demolish mental strongholds in your life? Anyone want to share an example?

*Positive Affirmations for Anyone Who's in Christ* [www.life.church/declarations](http://www.life.church/declarations)