

MASTERMIND

CHANGE YOUR THINKING, CHANGE YOUR LIFE.

Reframing

Sunday, September 26, 2021

Dave Michel

Stepping Stones Community Church

³ I do live in the world. But I don't fight my battles the way the people of the world do. ⁴ The weapons I fight with are not the weapons the world uses. In fact, it is just the opposite. My weapons have the power of God to destroy the camps of the enemy. ⁵ I destroy every claim and every reason that keeps people from knowing God. I keep every thought under control in order to make it obey Christ.

2 Corinthians 10:3-5 NIRV

⁸ God's grace has saved you because of your faith in Christ. Your salvation doesn't come from anything you do. It is God's gift. ⁹ It is not based on anything you have done. No one can brag about earning it. **Ephesians 2:8-9 NIRV**

Cognitive bias: A mistake in reasoning based on personal preferences or beliefs

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

1. You can't control what happens to you, but you can control how you frame it

¹² Brothers and sisters, here is what I want you to know. What has happened to me has actually helped to spread the good news. ¹³ One thing has become clear. I am being held by chains because I am a witness for Christ. All the palace guards and everyone else know it. ¹⁴ And because I am a prisoner, most of the believers have become bolder in the Lord. They now dare even more to preach the good news without fear. **Philippians 1:12-14 NIRV**

2. Reframing your story and relationships

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

Next Steps:

- Re-read / meditate on Philippians 1:12-14
- Identify and write down the difficult situations I am facing, and give thanks to God for the good he is doing in those situations
- Commit to reframe the situations in life that lead me to wrong thinking, recognizing the "filters" that are impacting my thoughts
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