

WINNING THE WAR IN YOUR MIND

Defeat Your Negative Thoughts

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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. **2 Corinthians 10:3-5 NIV**

² Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will. **Romans 12:2 NIV**

1. Cognitive bias: A mistake in reasoning based on personal experiences or preferences

2. Reframing

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

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

²³ When they reached the Valley of Eshkol, they cut off a branch bearing a single cluster of grapes. Two of them carried it on a pole between them, along with some pomegranates and figs... ²⁷ They gave Moses this account: "We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit. ²⁸ But the people who live there are powerful, and the cities are fortified and very large... ³⁰ Then Caleb silenced the people before Moses and said, "We should go up and take possession of the land, for we can certainly do it." ³¹ But the men who had gone up with him said, "We can't attack those people; they are stronger than we are." ³² And they spread among the Israelites a bad report about the land they had explored. They said, "The land we explored devours those living in it. All the people we saw there are of great size.

Numbers 13:23, 27-28, 30-32 NIV

Next Steps:

- Name my stronghold and the truth that demolishes it: _____
- When life gets difficult, I will combat negative thinking by _____
- Pray and ask God to help me see my biases that lead me to negative thinking
- Read Philippians 4:8 every day this week to focus my thoughts on positive things
- _____