

Defeat Your Negative Thoughts

Winning The War In Your Mind – Part 3

October 10, 2021

Discussion Questions:

1. In our third week of this sermon series, Pastor Linton reminded us of 2 Corinthians 10:3-5. Take a moment to read this aloud. What is your mindset as you wake up, after thinking about this for the past couple of weeks? Have you taken thoughts captive and made them obedient to Christ? How has that affected your day?

2. We all experience some form of cognitive bias in our lives, when we make rationalization errors based on our personal experiences. What is one area that cognitive bias has been evident in your life? How has this impacted your decision making?

3. Reframing is shifting your mindset to see a situation or relationship from a different perspective. What is one area of your life that you can practice reframing?

4. Read Philippians 1:12-13. How does this passage make you feel about the difficulties that you face? How can you use the difficulties that you face to advance the gospel, as Paul did?

Thoughts to Ponder:

Take some time this week to work on reframing your story by:

- Practicing pre-framing based on Biblical truths
- Looking for God's goodness in your everyday life