

Defeat Your Negative Thoughts

Winning the War in Your Mind - Part 3

October 10, 2021

The mind is a battlefield.

³For though we live in the world, we do not wage war as the world does. ⁴The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵We 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)

The mind is a battlefield.

Most of life’s battles are won or lost in our mind.

The life you have is often a reflection of the thoughts you think.

Cognitive bias:

Mistake in reasoning based on personal experiences or preferences.

Reframing:

Shifting your mindset to see a situation or relationship from a different perspective.

You can’t control what happens to you.

But you can control how you frame it.

¹²Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. ¹³As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ.” Philippians 1:12-13 (NIV)

¹⁴And 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.” Philippians 1:14 (NIV)

Ways to Reframe Your Story

1. Practice Pre-Framing
2. Look for God’s goodness

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