



"Reframe Your Mind"  
Change Your Thinking,  
Change Your Life Series  
Pastor Mark  
10.13.19

What comes into your **MIND**, comes out in your **LIFE**.

It's impossible to live a positive life when you're consumed with **NEGATIVE THOUGHTS**.

*"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of this world. On the contrary, they have **divine power** to **demolish strongholds**. 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

You can't control what happens to you, but you can control how you **FRAME IT**.

*"I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. As 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*

- *"And 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." Verse 14*

3 ways to reframe relationships & situations:

- 1) When you have a really bad day, thank God for what **DIDN'T HAPPEN**.
- 2) Practice **PRE-FRAMING**
  - Pre-frame your filters to determine how you **SEE** the world, what you **FEEL**, & what you **DO**.
- 3) Look for **GOD'S GOODNESS**.

## C3 Group Questions

**Last Week's Next Steps:** Did you gather at C3 on Sunday to express your faith? Did you build your faith this week through consistent time in prayer & God's Word? If so share what stood out to you in your time with God?

**Ice Breaker:** Name one random pet peeve about your life. Now practice reframing the way you talk about it.

**Review:** What one thing stood out to you (either helpful, insightful or troubling) from the weekend's message?

### **Group Discussion:**

Share your gut response to this statement: Perspective is reality.

Share your thoughts regarding the following statement: "It's impossible to live a positive life when you're consumed with negative thoughts."

"What we believe determines how we behave." How do you see this statement played out?

"You can't control what happens to you, but you can control how you frame it." Do you agree with that statement? Why or why not?

Do you have any default filters or "frames" that change the way you see life experiences?

Read Philippians 1:12-14. Describe a situation you're facing that you'd like to reframe your perspective about.

What can you thank God for about your situation? How can you grow from it? How will you look for God's goodness in it?

How can this group pray for you this week? Who in this group can you pray for this week?

**This Week's Next Steps:** (*"Do not merely listen to the word.....Do what it says."* James 1:22)

This week, write down the difficult situations you're facing.

- Then, thank God for what didn't happen.
- Then pre-frame your filters to determine how you will see the situation, what you will feel, & what you will do.
- Then look for God's goodness each day.