



“Winning the Battles in Your Mind”

Change Your Thinking,  
Change Your Life Series

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*Romans 8:5-6*

Our lives move in the direction of our **STRONGEST THOUGHTS**.

*2 Corinthians 10:3-5*

The power to demolish strongholds is taking captive every thought...

HOW do I take captive every thought?

Don't believe everything you **THINK**.

- Jeremiah 17:9
- 1 John 1:8

Change your **INPUTS**.

- The Faulty Formula:  
Changed Feelings = Changed Thinking = Changed Behavior
- The Success Formula:  
Changed Behavior = Changed Thinking = Changed Feelings
- “A wise person is hungry for truth, while the fool feeds on trash.” Proverbs 15:14

**REPLACE** your focus.

- James 1:12-15

Establish **AUTHENTIC** relationships

Requires humility, transparency, and time.

- *John 13:35 NLT*

Maintain **CONVICTION**.

Not an **OPINION**.

A conviction is something you will DIE for.

Let God stretch your **IMAGINATION**.

- “Where there is no vision, the people are unrestrained.” Proverbs 29:18a NASB

## 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:** Describe a moment of true peace. What happened? Where were you? What were you thinking about?

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

### **Group Discussion:**

Read Romans 8:5-6. How is this scripture similar to the way your brain naturally works? How is it different?

What are some of the root causes for worry & stress in your life?

Worry is the sin of distrusting the promises & power of God. Do you agree or disagree with that statement? Why?

Describe a recent circumstance that really stressed you out. How does Philippians 4:6-9 change the way you'll respond next time?

What are some specific habits you want to form in order to replace worry with trust in God & His truth?

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)

- Start a good habit. Every single time you catch yourself worrying or stressing about something, put it in the prayer box & give it back to God.
- Philosophy to live by:
  - If there's something I can do, I'm going to do what I can do.
  - Then I'm going to give God what I can't do.
  - And I'm going to trust God no matter what.