

Let's Change The Way We Think

Change The Way You Think And God Will Change Your Life

Review This Week's Sermon

Review Key Scriptures

[2 Corinthians 10:3-4](#)

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 the world. On the contrary, they have divine power to demolish strongholds.

[Philippians 1:12-14](#)

Now 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. 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.

[Philippians 4:6-9](#)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

[Matthew 11:28](#)

Come to me, all you who are weary and burdened, and I will give you rest.

Start talking. Find a conversation starter for your group.

- What time in your life were you worried about something that ended up not happening or you handled it better than you thought you could?

Start thinking. Ask questions to get your group thinking.

- Which part of this message was most impactful for you and why?
- Read [2 Corinthians 10:3-4](#)- How have you experienced the divine power that this passage talks about when facing your battles in life?

Start sharing. Ask questions to create openness.

- What are some lies that you are tempted to believe on a daily basis?
 - What direction do you think those lies are taking you?
- Read [Philippians 4:6-9](#)-. If we put these verses into practice, how does it change the way you respond or think about life?
 - What are the key ingredients to experience the peace that surpasses all understanding?
 - Why do you think thanksgiving changes the way we think about things?
- Read [Philippians 1:12-14](#)- Has there been a time in your life that things didn't go as planned and you can see God's sovereignty and goodness because of that trial?
- Read [Matthew 11:28](#)-. How has God given you rest in times that you were burdened?
 - What did that rest look like?

Start praying together. Be bold and pray with power.

Heavenly Father, when I feel crushed by my own worries, lift my mind and help me to see the truth. When fear grips me tight and I feel I cannot move, free my heart and help me to take things one step at a time. When I can't express the turmoil inside, calm me with Your quiet words of love. I choose to trust in You, each day, each hour, each moment of my life. I know that I am in Your grace, forgiven, restored by Your sacrifice, You have set me free. ~ Amen

Start doing. Commit to a step and live it out this week.

- Identify, then write down 3 strongholds in your life that cause strife and worry in your mind. Confess them, repent of them, then write down truths that combat those lies.
- Memorize [Philippians 4:6-9](#).
- Start the *Winning The War In Your Mind* Bible Reading Plan using the YouVersion Bible app or online - [Winning The War In Your Mind](#)
- Consider how you could love God and love others by serving during the week or weekend <https://www.atharvest.church/serve>