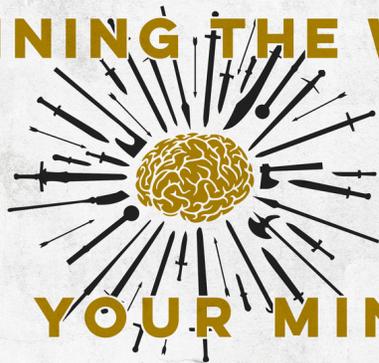


# WINNING THE WAR



# IN YOUR MIND

# SERMON DISCUSSION WEEK 3

## Quotable Moments:

- Most of life's battles are won or lost in your mind.
- "Our lives are always moving in the direction of our strongest thoughts." Craig Groeschel
- Your filters determine the emotions you feel.

## Key Things You Heard:

- A mental filter is the instinctual way you see life.
- Your filters determine the emotions you feel.
- You can't control what happens to you, but you can control how you filter or frame it.
- Romans 8:28 -- "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."
- Wisdom is seeing life through God's frame and filter.

**Pray:** God, give me eyes to see Your faithfulness, goodness, and grace at work, even when I face difficult situations. Draw me close to You. Thank You for always being with me. Help me reframe my perspective and look for You in all things. In Jesus' Name, Amen.

## Moving Forward:

- Spend some time in your group or before the end of your day, creating some daily declarations based on Scripture. Challenge one another to come next week prepared to share one or two.
- Memorize Romans 8:28.
- Start the Winning the War in Your Mind Bible Plan on YouVersion Bible App.
- Re-watch and/or share the sermon with a friend. Go to [rivertown.cc](http://rivertown.cc) or the RCC App.
- Purchase the book by Craig Groeschel and commit to read it this month.

## Questions for Group Discussion:

**First Minutes:** Describe the happiest person you know. Describe the unhappiest person you know. Why is one happy and the other unhappy?

- What is a mental filter? What is one filter you know you have because of your personality? Because of your childhood influences? When did this start?
- How do your filters influence how you feel? What emotions do they influence?
- Paul said "Wisdom is seeing things through God's frame and filter." Where do you normally go for wisdom? Imagine what would happen if we sought wisdom from God before any other source.
- Read Philippians 1:12-18. What filter do you see at work as Paul described his situation? How would the direction of his life have changed if he had applied a different filter?
- Read James 1:5. What is the way to gain God's wisdom? What amount of wisdom is promised?
- Describe something that happened to you this week, that you now realize you need to choose God's frame and filter?