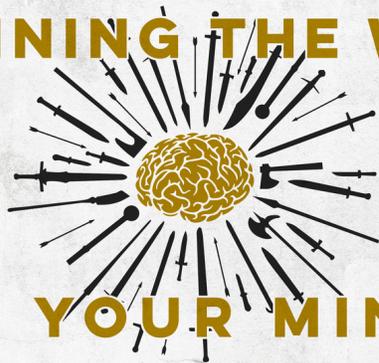


WINNING THE WAR



IN YOUR MIND

SERMON DISCUSSION WEEK 1

Quotable Moments:

- Your life is a reflection of your thoughts.
- Our lives are always moving in the direction of our strongest thoughts.
- Most of life's battles are won or lost in your mind.

Key Things You Heard:

- Your thoughts determine your attitudes, emotions, and behaviors.
- How do we stop toxic thoughts?
 - Identify what lies you're believing.
 - Replace those lies with God's truth.
 - Train your mind with that truth over and over again.
 - Write it. Speak it. Text it. Repeat it.
- In our mind, neural pathways are created when we repeat the same thinking over and over. When neural pathways are lies, they become strongholds in our mind.
- Truth is what God uses to demolish strongholds and build new neural pathways.

Pray:

God, reveal to me any lies that I am believing about myself, others, or You. Help me replace those lies with Your transformative, healing truth.

Renew my mind. Transform my thoughts. And make me more like You today and every day.

In Jesus' name, amen.

Moving Forward:

- Commit time this week to write out some negative or toxic thoughts you struggle with. Start a journal to take inventory of these lies.
- 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 or the RCC App.

Questions for Group Discussion:

First Minutes: What hobby have you started recently or one you've always wanted to try?

- What was your biggest takeaway from this sermon?
- Read Proverbs 4:23. Why does the direction of our thoughts matter?
- Read 2 Corinthians 10:3-5. How does the imagery of war apply to our thought life?
- What is one stronghold in your mind? Define it. What can you do to take that thought captive each time it surfaces?
- What is a negative statement or idea you say about yourself? What truth from Scripture can you replace it with?
- Share one lie you struggle with? Ask your small group to pray with you as you seek to break that stronghold.