



Series: Winning The War In Your Mind
Sermon: Part 3: Framing Our Negative Thoughts
Date: Sunday, October 1st, 2023

It is almost impossible to have a positive life when we have a mind that is overtaken with negative _____.

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. 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)

Cognitive bias: a mistake in our reasoning based on the things we have experienced in life or in our preferences (Mental Filter or Mental Framework)

Our cognitive biases and our mental filters shape how we _____.

“We should go up and take possession of the land, for we can certainly do it. ... The land we passed through and explored is exceedingly good. If the Lord is pleased with us, He will lead us into that land, a land flowing with milk and honey, and will give it to us. ... And do not be afraid of the people of the land, because we will devour them. Their protection is gone, but the Lord is with us. Do not be afraid of them.” (Numbers 13:30, 14:7-9)

“But the people who live there are powerful, and the cities are fortified and very large. ... We can't attack those people; they are stronger than we are. ... The land we explored devours those living in it. All the people we saw there are of great size. ... We seemed like grasshoppers in our own eyes, and we looked the same to them.” (Numbers 13:28,31-33)

Identifying Our Cognitive Biases or Mental Filters

- 1. Begin to think about what you are thinking about**
- 2. Pray and ask God to reveal to you any you may have**
- 3. Ask a loved one or a friend whom you trust to help you to identify any you may have**

_____ is making the decision to not hold onto the old ways we have been thinking and perceiving things but instead we are going to choose a different, more productive, and most importantly, Godly way of thinking.



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 1:12-14)

Framing Our Negative Thoughts:

1. _____ our past

a. We thank God for what He didn't do

“For My thoughts are not your thoughts, neither are your ways My ways,” declares the Lord. “As the Heavens are higher than the Earth, so are My ways higher than your ways and My thoughts than your thoughts.” (Isaiah 55:8-9)

b. Look for God's goodness as we practice gratitude for what God is doing in our life

If we look for God's goodness in what we are facing, we will find God's goodness in what we are facing.

2. _____ our future

Bottom Line: *We cannot control what has happened to us or what will happen to us, but we can control how we frame it.*

Questions to reflect on this week or with others:

1. Why is it that if we are constantly thinking negative thoughts then it is nearly impossible for us to experience a positive life?
2. What is a cognitive bias or mental filter that you may have? What steps can you take as you begin the hard work of reframing (*making the decision to not hold onto the old ways we have been thinking and perceiving things but instead we are going to choose a different, more productive, and most importantly, Godly way of thinking*)?
3. How can reframing your past and preframing your future help you to fight against negative and destructive thoughts you may be thinking?

Songs used in service: Rest On Us (Maverick City Music & Upper Room), Reckless Love - Haitian Creole (Kensley Alexandre & Rodberry Jacques), O Come To The Altar (Elevation Worship), Goodness of God (Rhett Walker)

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Any prayer requests?

Name: _____ **Email (so we can follow up):** _____

What can we be praying for you about?