



Winning The War In Your Mind

Presenter: Jim Hammond

Talk It Over

Mastermind

Week 1:

"Winning The War In Your Mind"

I. Your life is always moving in the _____ of your strongest _____.

II. Do a _____

Worried	1	2	3	4	5	6	7	8	9	10	Peaceful
Negative	1	2	3	4	5	6	7	8	9	10	Positive
Self-Centered	1	2	3	4	5	6	7	8	9	10	God-Centered

A. Identify the number one stronghold that is _____ you _____.

B. Name the _____ that demolishes that stronghold.

Start a 7 day Mastermind reading plan online at: tinyurl.com/y5j4hlgj

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SMALL TALK

- Rank your average day of thoughts on this one-to-10 scale. One represents negative, worried, and self-centered; 10 represents peaceful, positive, and God-centered. How'd you come up with your number?

Worried											Peaceful
Negative	1	2	3	4	5	6	7	8	9	10	Positive
Self-Centered											God-Centered
- Do you think it's easier to notice negative thinking in yourself or in others? Why?

VIEWPOINT

- READ Luke 6:45 and John 8:31-32:** Jesus came to set us free from the bondage of sin. With his help we can change! State in your own words what Jesus is asking us to do?
- READ Romans 12:1-2 and 2 Corinthians 10:3-5.** What are we asked to do? What are we promised in return?

GETTING PERSONAL

- How do you personally battle negative thinking? What have you found that works?
- What's one negative thought about yourself that you sometimes believe?
- What can you change, or start, to allow God to renew your mind?
- Pick your strongest negative thought, and find an even stronger truth to combat it daily. (For ideas do the reading plan below)

MAKING PROGRESS

- One of our core statements is: "Everyone has a next step." What is your next step in taking captive your thoughts? Which thought? Which truth do you use to change your thinking?

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