



Reframing

Presenter: Doug Freeman

Talk It Over

Mastermind

Week 3:

"Reframing"

Reframing: Creating a different way of looking at a situation, person, or relationship by changing its meaning. You can't control what happens to you, but you can control how you frame it.

I. Thank _____ For What _____
Happen

II. Practice _____

III. Look For God's _____

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SMALL TALK

1. Name one random pet peeve in your life. Okay, now practice reframing the way you talk about it.
2. Name a "filter" in your thinking that has been proven faulty. (Think of a personal preference or belief.)

VIEWPOINT

3. **Read Phil. 1:12-14.** Paul was very good at reframing his circumstances. How would you have framed this?
4. Using the same scripture, share your gut response to "perspective is reality".
5. Again using Phil 1:12-14, how can you use the three points from the outline to explain how Paul reframed his story.

GETTING PERSONAL

6. What default filters or frames (strongholds) do you need to change or "reframe" (take captive-2 Cor. 10:3-5) to see God's goodness in your story?
7. What specific situation or relationship in your life do you need to reframe your perspective about?

MAKING PROGRESS

8. One of our core statements is "Do first things first." Invest some time to search for and memorize scriptures that will help you reframe your perspective of God's goodness (Is. 43:1-3, Rom. 8:31 & 38, Deut. 31:6, Rom. 8:28, Matt 7:11, Ps. 23:6, Phil. 4:13).
9. What are your next steps in thanking God for what didn't happen, practicing reframing, and looking for God's goodness?

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