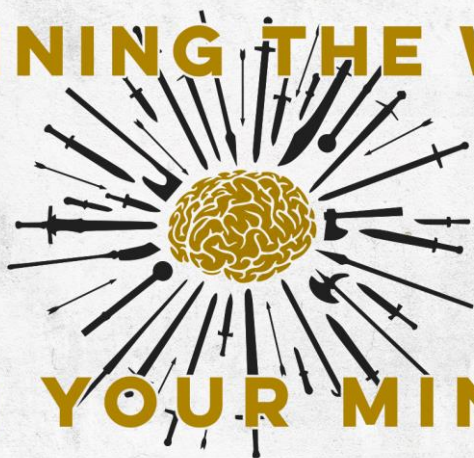


WINNING THE WAR



IN YOUR MIND

PART THREE:
DEFEAT YOUR
NEGATIVE THOUGHTS

Connect Group Discussion Guide
Sunday, January 15, 2023



RESTORATIONLIFE
CHURCH

DEFEAT YOUR NEGATIVE THOUGHTS

2 Corinthians 10:3–5; Philippians 1:12–14; Romans 12:2; John 8:32

ICE BREAKER

What piece of advice would you share with your younger self?

GOING DEEPER

- 1) Why do you think it is that two people can experience identical circumstances, but each of them responds to it differently?
- 2) Why did the 10 spies react differently to what they saw in the promised land than the 2 who gave a good report?
- 3) Pastor Dave said, “You can't control what happens to you, but you can control how you frame it.” What does it mean to “reframe” a situation?
- 4) Have you ever thanked God for what didn't happen?
- 5) Why is it important to look for God's goodness when you're experiencing bad times?

GOD'S TRUTH TO REMEMBER

2 Corinthians 10:3-5 (NIV) - 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.

PRAYER REQUESTS

(List prayer requests here so you can pray for them all week long.)

SERMON NOTES