

MIND WARS | DEFEATING NEGATIVITY
WAVE CHURCH SD | OCT. 2, 2022

2 Corinthians 10:3-5 (ESV) ³ For though we walk in the flesh, we are not waging war according to the flesh. ⁴ For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. ⁵ We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ

STRONGHOLD: A WRONG PATTERN OF THINKING

COGNITIVE BIAS

A MISTAKE IN REASONING BASED ON
PERSONAL EXPERIENCES OR PREFERENCES

CHANGE YOUR MENTAL FILTER,
AND YOU CHANGE HOW YOU FEEL

Romans 12:2 (NLT) Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Numbers 13:1-3 (ESV) The LORD spoke to Moses, saying, ² "Send men to spy out the land of Canaan, which I am giving to the people of Israel. From each tribe of their fathers you shall send a man, every one a chief among them." ³ So Moses sent them from the wilderness of Paran, according to the command of the LORD, all of them men who were heads of the people of Israel.

Numbers 13:27-29 (ESV) ²⁷ We came to the land to which you sent us. It flows with milk and honey, and this is its fruit. ²⁸ However, the people who dwell in the land are strong, and the cities are fortified and very large. And besides, we saw the descendants of Anak there. ²⁹ The Amalekites dwell in the land of the Negeb. The Hittites, the Jebusites, and the Amorites dwell in the hill country. And the Canaanites dwell by the sea, and along the Jordan."

Numbers 13:32-33 (ESV) ³² The land, through which we have gone to spy it out, is a land that devours its inhabitants, and all the people that we saw in it are of great height. ³³ And there we saw the Nephilim (the sons of Anak, who come from the Nephilim), and we seemed to ourselves like grasshoppers, and so we seemed to them."

Numbers 13:30 (ESV) But Caleb quieted the people before Moses and said, "Let us go up at once and occupy it, for we are well able to overcome it."

REFRAMING

CREATING A DIFFERENT WAY OF LOOKING AT A SITUATION
OR RELATIONSHIP BY CHANGING ITS MEANING

YOU CAN'T ALWAYS CONTROL WHAT HAPPENS TO YOU,
BUT YOU CAN ALWAYS CONTROL HOW YOU FRAME IT

Philippians 1:12-14 (New Complainers Version) Now I want you to know, brothers and sisters, that what has happened to me really sucks. As a result of the hell I've been through, I'm quitting Life Group and never going back to Church.

Philippians 1:12-14 (ESV) ¹² I want you to know, brothers, that what has happened to me has really served to advance the gospel, ¹³ so that it has become known throughout the whole imperial guard and to all the rest that my imprisonment is for Christ. ¹⁴ And most of the brothers, having become confident in the Lord by my imprisonment, are much more bold to speak the word without fear.

REFRAMING YOUR STORY

1. THANK GOD FOR WHAT DID NOT HAPPEN

1 Thessalonians 6:16-18 (ESV) ¹⁶ Rejoice always, ¹⁷ pray without ceasing, ¹⁸ give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

2. REFRAME IT

3. LOOK FOR GOD'S GOODNESS