

MIND WARS | STEP BY STEP
WAVE CHURCH SD | OCTOBER 16, 2022

OUR LIVES ARE ALWAYS MOVING IN THE DIRECTION
OF OUR STRONGEST THOUGHTS

ANXIETY IS A RESPONSE TO SOMETHING WE ARE FEELING

STEP ONE: SAY WHAT YOU FEEL

Psalms 23:4 (ESV) *Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.*

STEP TWO: SAY WHAT YOU NORMALLY DO

OUR ANXIETY MUST BE HELD IN THE LIGHT OF HOPE

Romans 12:2-3 (NIV) ²Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. ³For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you

STEP THREE: SAY YOUR TRUTH

THE GOSPEL CALLS US TO TURN OUR THOUGHTS TO JESUS

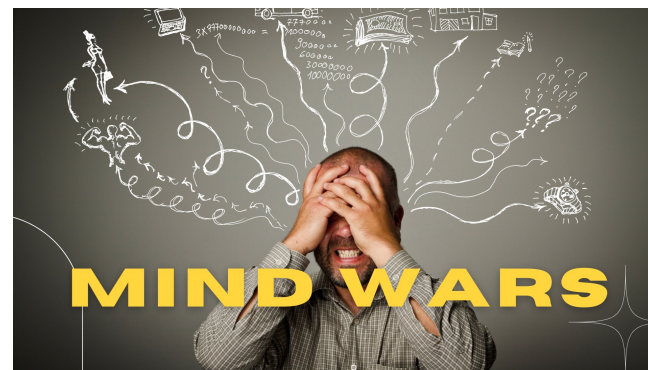
Philippians 4:8-9 (NIV) ⁸Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

STEP FOUR: SAY WHAT YOU WILL DO DIFFERENTLY

*The Four Steps adapted from Dr. Terry Hargrave's Restoration Therapy Model

Welcome To Wave Church

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