



HOW WE THINK SHAPES HOW WE LIVE.

“Our emotions lead us to thoughts, those thoughts dictate our decisions, and our decisions determine our behaviors, and then our behaviors shape our relationships which lead back to our healthy or unhealthy thoughts.” **Get Out of Your Head – Jennie Allen**

OUR MIND IS THE BATTLEFIELD.

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. **Romans 12:2 NLT**

THE GOOD NEWS IS WE HAVE A CHOICE!

- As a Follower of Jesus, you can consciously choose your thoughts and replace ungodly lies with scriptural truths.
- We have to focus on what we believe, not what we feel.

THE LIES WE ARE TOLD BY THE ENEMY:

- I'm alone
- I'm unlovable
- I'm worthless
- I'm helpless

If the enemy can claim the victory over your mind, then he can eventually claim the victory over your life.

DON'T GIVE THE ENEMY A SEAT AT YOUR TABLE.

¹ The Lord is my shepherd, I lack nothing. ² He makes me lie down in green pastures, he leads me beside quiet waters, ³ he refreshes my soul. He guides me along the right paths for his name's sake. ⁴ Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. ⁵ You prepare a table before me in the presence of my

enemies. You anoint my head with oil; my cup overflows. ⁶ Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever. **Psalm 23**

YOU ARE A CHILD OF THE KING.

- Almighty God has invited you to sit down and dine with him.

⁵ You prepare a table before me in the presence of my enemies.

- The dinner party belongs to you and God alone.
- When we invite the devil to sit down, he begins to devour the abundant life meant for you.

¹² God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him. ¹³ And remember, when you are being tempted, do not say, “God is tempting me.” God is never tempted to do wrong, and he never tempts anyone else. ¹⁴ Temptation comes from our own desires, which entice us and drag us away. ¹⁵ These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death. **James 1:12-15 NLT**

- Death, in this sense, is spiritual death- not eternal condemnation for believers, but the destruction of the close relationship you are meant to fully and deeply enjoy with God.

WHEN LIFE GETS HARD FOR US, WE'RE ALMOST ALWAYS TEMPTED TO WELCOME THE ENEMY TO OUR TABLE.

⁴ Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

- We need “even though...” kind of faith.

¹⁷ Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, ¹⁸ yet I will rejoice in the Lord! I will be joyful in the God of my salvation! **Habakkuk 3:17-18 NLT**

- Even though...I will...

MY TASK IS TO FOCUS ON THE GOOD SHEPHERD.

“God, our good shepherd, brings us through the valley of the shadow of death. Not to the valley, but through the valley. Our security is not based on what happens to us or what God gives us, but on His presence with us. When the enemy tries to fill your heart with fear, remember who you're with. Put your eyes on the Good Shepherd instead.” Louie Giglio