



Mike Mozingo—Lead Pastor  
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#### WEEK 4

#### Quick Review

**TRIGGERED** – a stimulus that creates a reaction or response.

- Focus on mental wellness.
- Instead of focusing on what's wrong, focus on what will help.
- This is a spiritual battle, a war.
- We want to reclaim triggered from a negative to a positive.

**WHEN YOU CHANGE THE WAY YOU THINK, YOU CHANGE THE WAY YOU LIVE.**

<sup>2</sup> 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**

***If we want to win the war in our minds, we have to be willing to rewire our thought patterns, rewire our brains.***

Craig Groeschel "Winning the War in Your Mind"

**3 PRINCIPLES WE CAN APPLY DAILY THAT FREE US FROM NEGATIVE RESPONSES.**

**THE REPLACEMENT PRINCIPLE: Remove the lies, replace with truth.**

<sup>7</sup> For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. **2 Timothy 1:7 NLT**

<sup>8</sup> Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. **1 Peter 5:8 NLT**

<sup>3</sup> For though we live in the world, we do not wage war as the world does. <sup>4</sup> The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. <sup>5</sup> 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.

**2 Corinthians 10:3-5 NIV**

<sup>12</sup> For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. **Hebrews 4:12 NLT**

**Resource available to us:**

- YouVersion (Bible app)
- The Word for You Today (Devotional)
- BibleGateway (Online Bible)
- Myjourneychurch.com (Counseling and recommended books)

**THE REFRAME PRINCIPLE: Reframe your mind, restore your perspective.**

<sup>5</sup> Trust in the Lord with all your heart; do not depend on your own understanding. <sup>6</sup> Seek his will in all you do, and he will show you which path to take. **Proverbs 3:5-6 NLT**

<sup>8</sup> "My thoughts are nothing like your thoughts," says the Lord. "And my ways are far beyond anything you could imagine. <sup>9</sup> For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts." **Isaiah 55:8-9 NLT**

**THE REJOICE PRINCIPLE: Revive your soul, reclaim your life.**

<sup>1</sup> Praise the Lord! Give thanks to the Lord, for he is good! His faithful love endures forever. <sup>2</sup> Who can list the glorious miracles of the Lord? Who can ever praise him enough? **Psalms 106:1-2 NLT**

<sup>24</sup> This is the day the Lord has made. We will rejoice and be glad in it. **Psalms 118:24 NLT**

<sup>4</sup> Always be full of joy in the Lord. I say it again—rejoice! <sup>5</sup> Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

<sup>6</sup> Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. <sup>7</sup> Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. **Philippians 4:4-7 NLT**

**Next steps for me today...**

- **Surrender** my life to Jesus and become a new creation.
- **Ask God** to renew my mind.
- **Work** at reframing how I see each day.
- **Focus** on God's blessings and goodness.