

The Struggle is Real, part 4
October 4-5 , 2019
Merle Mees

Guard Your Mind

Your life moves in the direction of your strongest thought.

1. Fight distorted thinking (2 Cor. 10:3-5)

- Kinds of distorted thinking
 -lies
 -worldviews
 -personal attitudes
 -distorted thinking traps (all or nothing thinking, overgeneralizing, catastrophizing, filtering, mind reading, and emotional reasoning).
- Ways to fight
 - ...capture and bring them to Christ (did he say it, would he say it)
 - ...monitor what you're thinking
 - ...don't believe everything you think

2. Feed your mind truth (Phil. 4:8)

- Dwell = focused attention
- Through Scripture meditation (Psalm 119:15)
- Ways to meditate
 -Ready
 -Read
 -Reflect
 -Respond
 -Return
- Results of meditating on truth
 -A flourishing life (Psalm 1:1-3)
 -A sense of peace (Isaiah 26:3)