

enCOURAGEment In Your Thoughts

Chantalle Alfaro

Question: If you had to choose between the super power of knowing everyone's thoughts or flying, which would you choose and why?

On average, 70-80% of our thoughts are negative.

Question: Where are you at with this average?

**Our lives move in the direction
of our strongest thoughts.**

Craig Groeschel

KEY QUESTION: Where are your thoughts leading you?

Read Proverbs 23:7; Luke 6:45; Philippians 4:8-9;
Romans 12:2

**“For better or for worse, the stories we tell ourselves
become self-fulfilling prophecies...**

**The stories we tell ourselves eventually
become the situations we find ourselves in.**

**If you want to change your life,
start by stewarding your story!”**

Mark Batterson

Read John 8:44; John 10:10

The greatest battle in this generation is in our minds.
Jennie Allen

Question: How does knowing what the enemy is trying to do with your thoughts help you in this battle?

**You cannot change what you do not confront. If you
ignore the battle, you lose the battle... it's like the old
saying goes: ‘The greatest trick the enemy ever pulled
is convincing the world he doesn't exist’.**

Craig Groeschel

Action Steps:

- Ask the Holy Spirit to shed light and expose the lie
- Replace the lie with God's truth (Hebrews 4:12)
- Speak and declare that truth over you and your circumstance, so you believe it
- Surround yourself with others that will affirm God's truth in you too, and be this for someone else

Questions: What action steps are you familiar with? Which ones do you need to grow in?

Resources

Craig Groeschel's Book “Winning The War In Your Mind”

https://www.amazon.ca/Winning-War-Your-Mind-Thinking/dp/0310363543/ref=sr_1_1?dchild=1&keywords=winning+the+war+in+your+mind&qid=1624170852&sr=8-1

Jennie Allen's book “Get Out Of Your Head”

https://www.amazon.ca/Get-Out-Your-Head-Stopping-ebook/dp/B07TD1G6RT/ref=sr_1_1?dchild=1&keywords=Jennie+Allen+book&qid=1624168038&s=digital-text&sr=1-1#customerReviews

Mark Batterson's book “Win The Day”

https://www.amazon.ca/Win-Day-Habits-Stress-Accomplish-ebook/dp/B088F3HKQ4/ref=sr_1_1?dchild=1&keywords=mark+batterson+flip+the+script&qid=1624170949&sr=8

Neil Anderson's paper “Who I Am In Christ”

https://vintagelawrence.com/wp-content/uploads/2013/01/ANDERSON_WhoIAMInChrist.pdf