

Winning the Battle for the Mind
All About Me (Session #3 of 6)

➤ **Review**

1. **Parts of Train analogy: Thinker, Chooser, Feeler, Doer**
2. *As a man thinks within himself, so is he.* (Proverbs 23:7) **What we think makes us who we are.**

➤ **Patterns of Stinkin' Thinkin' we must change if we want to have joy:**

1. **Magnifying and Minimizing:** We look at every inconvenient event as a _____ and overlook the positive ones.

2. _____: Thinking it's all about you.

Interpreting a situation or event as if it only _____ you

Biblical Illustration: Saul with David

5Whatever Saul asked David to do, David did it successfully. So Saul made him a commander over the men of war, an appointment that was welcomed by the people and Saul's officers alike.

6When the victorious Israelite army was returning home after David had killed the Philistine, women from all the towns of Israel came out to meet King Saul. They sang and danced for joy with tambourines and cymbals.

7This was their song: "Saul has killed his thousands, and David his ten thousands!"

8This made Saul very angry. "What's this?" he said. "They credit David with ten thousands and me with only thousands. Next they'll be making him their king!" 9So from that time on Saul kept a jealous eye on David. (1 Samuel 18:5-9 – NLT)

RESULTS:

We get _____

We get _____

We _____ to people

We lose _____

We _____ for the Kingdom

➤ **Help from the Word:**

So I say, "My splendor is gone and all that I had hoped from the LORD." I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me.

Yet this I call to mind and therefore I have hope: Because of the LORD'S great love we are not consumed, for his compassions never fail.

They are new every morning; great is your faithfulness. I say to myself, "The LORD is my portion; therefore I will wait for him." (Lamentations 3:18-24)

Get rid of this Stinkin' Thinkin'!

➤ **Conclusion**

Now that you know these things, DO THEM. That is the path of blessing. (John 13:17 LB)

We have to _____ our Stinkin' Thinkin'!!!!

➤ **Couple Sharing**

1. How have you experienced or seen this kind of Stinkin' Thinkin' in real life?
2. How does the Scriptural example illustrate this Stinkin' Thinkin'?
3. How about the video clips?
4. What kind of help did you get from the Word?
5. How has this Stinkin' Thinkin' been affecting our relationship? Is there any reconciliation needed between us? (Take time to seek and give forgiveness.)
6. When your mate recognizes Stinkin' Thinkin' in you, what would you permit them to do to let you know without your taking offense? (Both answer.)
7. What are you going to do to change your Stinkin' Thinkin'?