

Winning the Battle for the Mind

All or Nothing (Session #4 of 6)

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
2. _____: Thinking it's all about you.
3. _____ or _____: Either a **total** _____ or a **total** _____.

➤ **Biblical Illustration:** Esau & Jacob

...Once when Jacob was cooking some stew, Esau came in from the open country, famished. He said to Jacob, "Quick, let me have some of that red stew! I'm famished!"Jacob replied, "First sell me your birthright." "Look, I am about to die," Esau said. "What good is the birthright to me?" But Jacob said, "Swear to me first." So he swore an oath to him, selling his birthright to Jacob.

(Later, when Esau learned that Jacob had also deceitfully taken the blessing that was rightfully his:)

*Esau said, "Isn't he rightly named Jacob? He has deceived me these two times: He **took** my birthright, and now he's taken my blessing!"* (Genesis 25:29-33; 27:36a)

➤ **RESULTS:**

We don't see _____ possible

We get _____

We lose _____

We don't allow _____ to change

We _____ for the Kingdom

Get rid of this Stinkin' Thinkin'!

➤ **Help from the Word:**

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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 10:4,5)

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Romans 12:2 NIV)

➤ **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'?