

**Winning the Battle for the Mind**  
**Catastrophe or Inconvenience? (Session #2 of 6)**

➤ **Review**

1. **Parts of Train analogy:** \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

2. *As a man thinks within himself, so is he.* (Proverbs 23:7) **What we think makes us who we are.**

➤ **Patterns of \_\_\_\_\_ we must change if we want to have joy.**

1. \_\_\_\_\_ **and** \_\_\_\_\_: we blow negative events out of proportion and overlook the positive ones.

We look at every inconvenient event as a \_\_\_\_\_.

**Biblical Illustration:** Elijah after Mt Carmel

<sup>1</sup>Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. <sup>2</sup>So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.”

<sup>3</sup>Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, <sup>4</sup>while he himself went a day’s journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. “I have had enough, LORD,” he said. “Take my life; I am no better than my ancestors.” <sup>5</sup>Then he lay down under the tree and fell asleep. [You’re tired and hungry – and have no perspective...]

All at once an angel touched him and said, “Get up and eat.” <sup>6</sup>He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

<sup>7</sup>The angel of the LORD came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” <sup>8</sup>So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. <sup>9</sup>There he went into a cave and spent the night.

And the word of the LORD came to him: “What are you doing here, Elijah?”

<sup>10</sup>He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.”

<sup>11</sup>The LORD said, “Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.”

Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. <sup>12</sup>After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. <sup>13</sup>When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

Then a voice said to him, “What are you doing here, Elijah?”

<sup>14</sup>He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

<sup>15</sup>The LORD said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. <sup>16</sup>Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. <sup>17</sup>Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu. <sup>18</sup>Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and all whose mouths have not kissed him." (1 Kings 19:1-18)

**RESULTS:** \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,

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➤ **Help from the Word:**

1 Peter 1:13 — *Gird up the loins of your mind.* Catch yourself at it -- if necessary write them down.

**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 does the Scriptural example with Elijah illustrate this Stinkin' Thinkin'?
2. How has this Stinkin' Thinkin' been affecting our relationship? Is there any reconciliation needed between us? (Take time to seek and give forgiveness.)
3. What kind of help did you get from the Word?
4. 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.)
5. What are you going to do to change your Stinkin' Thinkin'?