

Winning the Battle for the Mind
5 Sure-Fire Steps to Change the Way You Think (Session #6 of 6)

➤ **Review**

As a man thinks within himself, so is he. (Proverbs 23:7) We _____ what we think and _____ on.

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

1. Magnifying and Minimizing
2. Personalizing: Thinking it's all about you.
3. All or Nothing: Either a total success or a total failure.
4. Jumping to _____ and _____ reading: we tell ourselves what our mates are thinking or feeling

RESULTS OF ALL 4 PATTERNS - _____ and _____

➤ **How Do You Change Your Thinking?**

1. Keep _____ of your thoughts: *Gird up the loins of your mind. (1 Peter 1:13)*
2. Realize you have the power to _____ : *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 down-cast 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)*
3. _____ for help : *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)*
4. _____ them (Confront & Correct) : *Don't be like the people of this world, but let God change the way you think. Then you will know how to do everything that is good and pleasing to him. (Romans 12:1-2)*
5. Put on the whole _____ of God : *A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil.(Ephesians 10:10-11)*

➤ **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. Which of the five steps for controlling and changing your Stinkin' Thinkin' would help you the most?
2. What would help you remember to use this step?
3. Discuss the video clips and how they might help you put these steps into practice in your lives.
4. How has Stinkin' Thinkin' been affecting our relationship? Is there any reconciliation needed between us? (Take time to seek and give forgiveness.)
5. 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.)
6. Talk about some definite steps you are going to take to change your Stinkin' Thinkin'.