

Winning the Battle for the Mind

I Think You Think I Think (Session #5 of 6)

➤ **Review**

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. Personalizing: Thinking it's all about you.
3. _____ or _____: Either a total success or a total failure.
4. Jumping to _____ and _____ reading: we tell ourselves what our mates are thinking or feeling

Biblical Illustration: Abraham and Sarah in Egypt (Genesis 12:10-20)

➤ **RESULTS:**

We get _____.

We lose _____.

We _____ and _____ each other.

We drive ourselves to _____.

We _____ and _____.

We become _____ for the Kingdom.

➤ **Help from the Word:**

*A final word: Be strong in the Lord and in his mighty power. ¹¹Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. ¹²For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. ¹³Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. ¹⁴Stand your ground, putting on the **belt of truth** and the **body armor** of God's righteousness. ¹⁵For **shoes**, put on the peace that comes from the Good News so that you will be fully prepared. ¹⁶In addition to all of these, hold up the **shield of faith** to stop the fiery arrows of the devil. ¹⁷Put on salvation as your **helmet**, and take the **sword of the Spirit**, which is the word of God. ¹⁸**Pray** in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. (Ephesians 6:10-18)*

Piece of Armor

Spiritual Weapon

Belt

Body Armor

God's _____

Shoes

_____ from the Gospel

Shield

Helmet

Sword

_____ of God

➤ **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'?