

Winning the Battle for the Mind

How to Change Your Attitude (Session #1 of 6)

As a man thinks within himself, so is he. (Proverbs 23:7)

➤ **We are: Body, Soul & Spirit**

1. Soul = Intellect, Emotions & Will

- 1) Our Mind (Thinking) = _____
- 2) Our Emotions (Feelings) = _____
- 3) Our Will (Choosing) = _____
- 4) Our Actions = Middle Boxcars

2. If you change your thinking, you will change your _____.

And Jesus said, "The things that come out of people are the things that make them unclean. All these evil things begin inside people, in the mind: evil thoughts, sexual sins, stealing, murder, adultery, greed, evil actions, lying, doing sinful things, jealousy, speaking evil of others, pride, and foolish living. All these evil things come from inside and make people unclean." (Mark 7:20-23 – NCV)

➤ **Thot-Talk Definition:** Internal conversations with ourselves – messages we tell ourselves about ourselves, our spouse, our experiences, the past, future, God, etc.

➤ **How Do We Tend To Think?**

...to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness. (Eph 4:22-24 ESV)

Stinkin' Thinkin' is _____ Thot-Talk.

1. How we _____ and how we _____ are determined by our THOT-TALK.
2. Negative THOT-TALK (Stinkin' Thinkin') is almost always _____.
3. It _____ our attention on ourselves, not on our mates or family.

➤ **How are we Commanded to _____?**

*And now, dear brothers and sisters, one final thing. Fix your thoughts on what is **true**, and **honorable**, and **right**, and **pure**, and **lovely**, and **admirable**. Think about things that are **excellent** and **worthy of praise**. (Phil. 4:8 NLT)*

➤ **Couple Sharing**

1. Do you agree we are in a battle for our minds? What do you think about the material in this session?
2. How has Stinkin' Thinkin' been affecting our relationship?
3. Is there any reconciliation needed between us? (Take time to seek and give forgiveness.)