**April 25, 2021 | Message Notes**

**WINNING THE WAR IN YOUR MIND: REFRAMING YOUR THOUGHTS**

Numbers 13; Philippians 1:12-14

Most of life’s battles are won or lost in our minds.

Most of what happens to us is the result of winning and losing those battles.

*For as he thinks in his heart, so is he. Proverbs 23:7 NKJV*

The life you live is often a reflection of the thoughts you think.

*The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 2 Corinthians 10:4 NIV*

*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 10:5 NIV*

**3 Ways to Practice Reframing**

Thank God for what didn’t happen.

Practice pre-reframing.

Look for God’s goodness.

**You can’t always control what happens to you but you can control how you respond to it!**

**Resources**

[Winning The War In Your Mind, Craig Groeschel](https://smile.amazon.com/Winning-War-Your-Mind-Thinking/dp/0310362725/ref=sr_1_1?crid=1O82NMG9KNW33&dchild=1&keywords=winning+the+war+in+your+mind+craig+groeschel&qid=1618589212&s=books&sprefix=winning+the+war%2Cstripbooks%2C161&sr=1-1)

[Cleaning Up Your Mental Mess, Dr. Caroline Leaf](https://smile.amazon.com/Cleaning-Your-Mental-Mess-Scientifically/dp/0801093457/ref=sr_1_1?dchild=1&keywords=cleaning+up+your+mental+mess&qid=1618589170&s=books&sr=1-1)

[Armed and Dangerous, Ken Abraham](https://smile.amazon.com/Armed-Dangerous-Ephesians-Straight-Inspirational/dp/1557482411/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=&sr=)

**Experience Today's Message**

1. What am I thankful for that could have, but didn’t happen?
2. How can I reframe my situation?
3. What am I looking for?

**Today’s Music**

Sing Wherever I Go, We The Kingdom

Way Maker, Leeland

Tremble, UPPERROOM

Fires, Jordan St. Cyr