



# CORNERSTONE CHRISTIAN CENTER

(A Ministry of Christ Apostolic Church-WOSEM)



## WEEKLY NEWSLETTER

### WINNING THE WAR



### IN YOUR MIND

**DATE:** APRIL 28, 2024

**TOPIC:** WINNING THE WAR IN YOUR MIND:  
CHANGE YOUR THINKING, CHANGE YOUR LIFE  
(PART I)

**SCRIPTURE:** ISAIAH 40:27-31

#### MESSAGE

In our latest sermon, "Winning the War in Your Mind," we explore the transformative power of renewing our minds through faith. Drawing from biblical wisdom and modern neuroscience, we learn that our thoughts shape our reality and that we must actively engage in the battle between faith and fear. The sermon provides practical steps for conducting a thought audit, identifying and dismantling strongholds, and replacing lies with God's truth. We are encouraged to create new, positive neural pathways and embrace the liberating truths of the Bible. This message is a call to action for all believers to align their thoughts with God's promises and to live a life of victory over negative thinking.

■ DR. JIDE  
KOMOLAFE  
(CAC San Bernardino)

#### REFLECTION QUESTIONS

1. What are some common negative thoughts you struggle with, and how do they affect your life?
2. How can we practically conduct a "thought audit" in our daily lives?
3. What does it mean to you to "guard your heart" as mentioned in *Proverbs 4:23*?
4. Can you share a time when replacing a lie with God's truth made a difference in your life?
5. How can we support each other in creating new, positive neural pathways?
6. What are some strategies you use to focus on the peace of God when faced with anxiety?
7. How does our understanding of God's love for us combat the lies we often believe about ourselves?
8. In what ways can we remind ourselves daily of our identity in Christ to win the war in our minds?

#### LIFE APPLICATION

This week, let's each identify one negative thought pattern we want to change. Commit to replacing it with a specific truth from Scripture whenever it arises. Share this commitment with a friend for accountability and encouragement.

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