



CORNERSTONE CHRISTIAN CENTER

(A Ministry of Christ Apostolic Church-WOSEM)



WEEKLY NEWSLETTER

DATE: JUNE 30, 2024

TOPIC: **WINNING THE WAR IN YOUR MIND: DEFEATING NEGATIVE THOUGHTS (PART 3)**

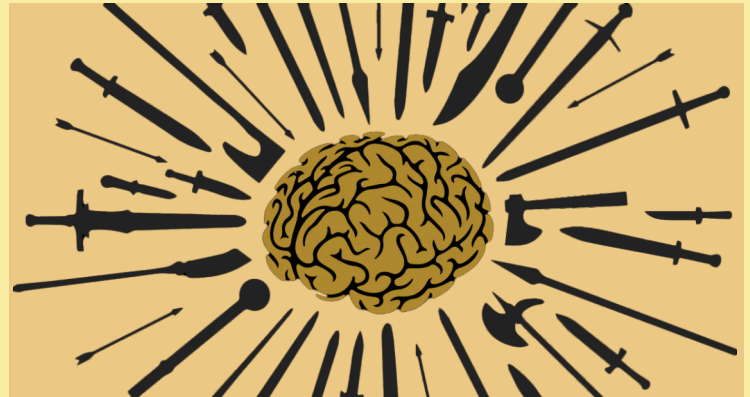
SCRIPTURE: 2 Corinthians 10:1-6

MESSAGE

In this sermon, we explored the concept of neural pathways and how repetitive thoughts create patterns in our minds, influencing our beliefs and behaviors. We discussed the battles we face in our minds, emphasizing that our lives move in the direction of our strongest thoughts. The sermon introduced the idea of cognitive biases or mental filters, which can distort our perception of reality based on past experiences or preferences. We delved into the importance of reframing our thoughts to align with God's truth, using biblical examples like Joseph and the spies sent by Moses to illustrate how different perspectives can lead to different outcomes. The sermon concluded with practical steps to defeat negative thoughts: clinging to God's promises, practicing pre-framing, and looking for God's goodness in every situation.

5 KEY TAKEAWAYS

- * **The Power of Thought Patterns:** Our thoughts have the power to shape our beliefs and behaviors. By understanding and acknowledging the neural pathways we've developed, we can begin to consciously direct our thoughts towards God's truth and promises.
- * **Cognitive Biases Can Distort Reality:** Cognitive biases are like mental filters that can distort our perception of reality. Recognizing these biases is the first step towards reframing our thoughts and seeing situations through the lens of God's truth.
- * **Reframing with the Word of God:** Reframing our thoughts according to God's Word allows us to view our circumstances from a divine perspective. This practice can transform our mindset and help us overcome negative thought patterns.
- * **Clinging to Promises Leads to Victory:** Holding tightly to God's promises is crucial in the battle of the mind. When we anchor our thoughts in His Word, we can stand firm against the enemy's lies and walk in victory.
- * **God's Goodness is Ever-Present:** Even in the midst of challenges, God's goodness is present. By actively looking for His fingerprints in our lives, we can reframe our experiences and find hope and strength in His faithfulness.



DISCUSSION QUESTIONS

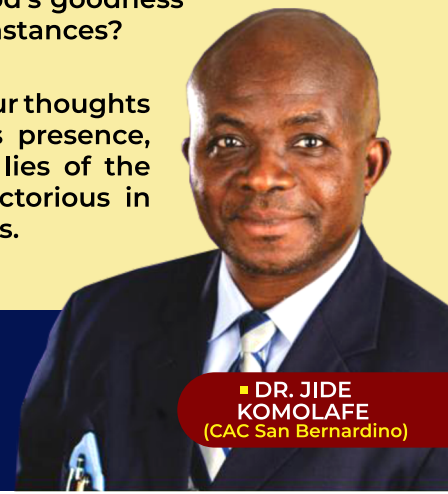
1. How do you think neural pathways affect our spiritual lives?
2. Can you share a time when your thoughts influenced the outcome of a situation?
3. What are some cognitive biases that might be affecting your perception of God's will?
4. How can we actively practice the "replacement principle" in our daily lives?
5. What does it mean to you to "cling to God's promises"?
6. How can pre-framing our responses to challenges help us maintain a godly perspective?
7. In what ways have you seen God's goodness in difficult circumstances?

LIFE APPLICATION

This week, challenge yourself to apply the reframe principle in your life. When faced with negativity or adversity, pause and choose to see the situation through the lens of God's promises. Ask yourself:

- * What are the neural pathways that I need to change?
- * How can I practice reframing in my daily life?
- * Where can I find God's goodness in my current circumstances?

By actively reframing our thoughts and focusing on God's presence, we can overcome the lies of the enemy and emerge victorious in the war within our minds.



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