

# Battlefield

## Winning The War In Your Mind – Part 1 September 26, 2021

### Conversation Starter:

Is it more difficult for you to resolve internal conflict within your mind or external conflict between yourself and other people? Why do you think that is?

### Discussion Questions:

1. What are some common strongholds that people have in their lives? What do you personally struggle with the most?
2. Read 2 Corinthians 10:3-5 and Ephesians 1:19-20. How can these verses bring you encouragement as you face the strongholds in your life?
3. Pastor Sean said, “You cannot have a positive life when you have a negative mind.” Discuss the times that you know you tend to have a more negative mindset. How can that awareness help you be more proactive in having a positive mindset? Read Proverbs 23:7.
4. What is a negative statement or idea you say about yourself? Read John 8:32. What is a Biblical truth you can replace that negative thought with?

### Thoughts to Ponder:

Take some time this week to audit your thoughts. Be honest with yourself.

#### Thought Audit

What is your mindset when you wake up in the morning?

Worried 1 2 3 4 5 6 7 8 9 10 Peaceful

What is your outlook on events as you carry on throughout your day?

Negative 1 2 3 4 5 6 7 8 9 10 Positive

Do you tend to focus on what the world values more or what God says is important?

Worldly 1 2 3 4 5 6 7 8 9 10 Eternal