

REALIGN YOUR THOUGHTS

FACILITATOR GUIDE

CPC HAPPENINGS...

NIGHT OF PRAYER

Sunday, March 28, 6 pm

EASTER @ CPC

Saturday, April 3, 5 pm

Sunday, April 4, 8:45 & 10:45 am

BAPTISM

Sunday, April 11

Please register to participate:

yourcpc.church/events

COMEDY NIGHT

Featuring Jeff Allen and

Chad Thornberry

Saturday, April 24

To find more info or to get your tickets:

yourcpc.church/events

WHAT ARE YOU THINKING?

What time of day does your mind wander the most? [Example: In the quietness of the shower. While driving in the car. Early morning while getting ready for work. Etc.]

What are the negative thoughts that you struggle with the most? [Example: Too fat. Too dumb. Not a good parent. No one will ever love me. Etc.]

How do these negative thoughts affect the rest of your day / life?

What do you know that God says about you that differs from what you say about yourself? [God says you are worth redemption. God says you are loved. God says you were made in His image. God says He has plans for you. God says you are forgiven. Etc. NOTE: See the page of "What God Says About You."]

Why do you think we tend to listen to ourselves more than we listen to our Creator? [Sometimes the world beats us up. We feel overwhelmed. We respond to our own emotions more than we listen to what we know. Sometimes, we don't believe what we've been told.]

Why is it important to not be ruled by our emotions? [Emotions will definitely lead us astray. The devil seems to work on us through our emotions. Sometimes the negative thoughts overwhelm what we know is true.]

What do you think about the phrase "the mind is a battlefield?"

Proverbs 16:3 —Commit your work to the Lord, and your plans will be established.

COMMIT = roll, roll away, roll down, roll together

PLANS = thoughts, purposes

ESTABLISHED = firm, stable, fixed, secure

All we do and say begins with a thought. It is estimated that we can have up to 70,000 thoughts run through our minds in the span of just one day. We have more electrical impulses in our brain generated in one day than by all the telephones in the world. If the electrical impulses in our brain could be harnessed, it would hold enough energy to light a 25-watt bulb.

What does this information say to you regarding how important your thought life as a Christian is? [Very important! With that many ideas running through our minds, it is very important to make sure those thoughts are positive and driving us toward God's purposes for us rather than tearing us down. Just imagine how devastated we would be if all those thoughts were negatively focused on tearing ourselves down.]

2 Corinthians 10:3-5—For though we walk in the flesh, we are not waging war according to the flesh.
4 For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.
5 We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

WAYS TO TAKE THOUGHTS CAPTIVE:

1. Have a **WORKING** knowledge of God's Word.
[It's good to know the Word, but it is even more important that we know how to put it into practice.]
2. We have to have a **DAILY** commitment to keep God first in our thought life. **[It's a DAILY practice. Like opening your eyes in the morning and saying "Good Morning Father". Let this be your very first thought of the day.]**

Colossians 3:23 — Whatever you do, work heartily, as for the Lord and not for men,

3. Have a **MIND** like Christ. **[Learn to respond to things around you in the way that Jesus would have done. Rather than jump to conclusions that the world is against you, learn to look for what else might be going on—either in the other person's life or what God might be trying to do in your life.]**
4. Living a life of **GRATITUDE** to God.

James 1:2-4 — Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

[Remember, God is still growing us to be more like Him. Sometimes difficulties come our way to teach us how to respond correctly to them—giving us patience. Be thankful that God considers you ready for this next lesson.]

Most of life's battles are won and lost on the battlefields of our MINDS.

CHAINS OF OUR WORDS

Proverbs 18:21— Death and life are in the power of the tongue, and those who love it will eat its fruits.

What does this verse mean to you? [The things we speak can free us or keep us bound by the negative thoughts we think about ourselves or others.]

Research tells us that every time you think a particular thought, you make it easier to think that thought again. Our brain creates pathways and patterns, making it easier to think that way each time. This is a COGNITIVE BIAS—this is a mistake in reasoning based on past experiences or preferences. Example: Abuse in the past can hold someone captive by making them think every relationship will end in abuse, just like in the past.

John 4:7-10 — A woman from Samaria came to draw water. Jesus said to her, “Give me a drink.”⁸ (For His disciples had gone away into the city to buy food.)⁹ The Samaritan woman said to Him, “How is it that you, a Jew, ask for a drink from me, a woman of Samaria?” (For Jews have no dealings with Samaritans.)¹⁰ Jesus answered her, “If you knew the gift of God, and Who it is that is saying to you, ‘Give me a drink,’ you would have asked Him, and He would have given you living water.”

What words and actions may have held the woman of Samaria bound? [She was not worthy—as a woman and as a Samaritan.]

What have you continued to tell yourself that has become a chain that you are dragging every day?

How did Jesus make the woman at the well feel? [That He was not going to shun her, and He had a gift for her.]

What words might you be saying to someone that makes them feel “less than?”

Do you make a conscious effort to pour positive thoughts into other people or do you tend to say things with no thought of their consequences?

How do you think it affects you when you speak negatively to others?

If life and death are in the power of the tongue (Proverbs 18:21), then when we speak negative words over others, we are speaking “death” over them. We could be contributing to their defeats. Be aware of the words that come out of your mouth.

What / who do you often speak negatively about? **[Example: Your job. Your boss. Your spouse. Your children. Your projects. Etc.]**

Write a positive statement about someone or something you usually have difficulties with.

REFRAME!

You can't **CONTROL** what happens to you, but you can control how to **REFRAME** it.

How do you **REFRAME** your narrative?

1. Thank God for what **DIDN'T** happen. Or thank God things weren't worse.
2. **PRE**-frame it. Decide ahead of time how you are going to think about what is going to happen. **[Dreading what is about to happen before it does sets a bad tone. You might say "I hate Mondays..." "I hate meetings..." etc. But when you find yourself saying those things, reframe how you view it. Find something positive to speak about it.]**
3. Search for the **GOODNESS** of God. **Vulture looks all day for something dead to eat. Hummingbirds look for something sweet. You look for what is good in the midst of your situation.** What good is God doing for you right now?

So many people saw 2020 as the worst year. But was it? What was something positive about it?

Never interpret God through your circumstances, but interpret your circumstances through your God!

PRAYER TIME

- As you take the time to pray, be sure to thank God for His help in getting you through the dark seasons of your life. Reflect on those difficult times and how God was there.
- James 1 tells us to also be thankful for the difficulties of life because they help make us better. Take time to thank God for the hard times that have caused you to lean on Him more, driven you to pray more, and increased your faith and patience.
- Think about the people who are "thorns in your flesh." Pray God's blessings on their life. Pray for the difficulties happening in their life that you don't know about. Ask God to help you deal with them better.
- Ask God for forgiveness for your temper, your anger, and your disgust. Then ask Him to help you to deal with life's hard times in a way that would be pleasing to Him.

WHAT GOD SAYS ABOUT YOU

- 1. I say I am unlovable, but God says I am forever loved.**
Romans 8:38-39 — And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.
- 2. I say I am scarred but God says I am healed.**
Isaiah 53:5 — But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed.
- 3. I say I am weak, but God says He makes me strong.**
Psalms 18:32 — God arms me with strength, and he makes my way perfect.
- 4. I recognize I am a sinner, but God says I am forgiven.**
1 John 2:12 — I am writing to you who are God's children because your sins have been forgiven through Jesus.
- 5. I was abandoned, but God says I am adopted.**
Ephesians 1:5 — God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.
- 6. I say I am broken, but God says He makes me whole.**
Colossians 2:10 — So you also are complete through your union with Christ, who is the head over every ruler and authority.
- 7. I have been rejected, but God says I am His!**
Isaiah 43:1 — Do not fear. I have redeemed you. I have summoned you. You are mine.
- 8. I say I am alone, but God says He is always with me.**
Joshua 1:9 — ...Do not be afraid or discouraged. For the Lord your God is with you wherever you go.
- 9. I say I am hopeless, but God says because of Him, I am hopeful.**
Jeremiah 29:11 — For I know the plans I have for you, declares the Lord, plans for welfare, and not for evil, to give you a future and a hope.
- 10. I say I am purposeless, but God says I was created with purpose.**
Esther 4:14 — Perhaps this is the moment for which you've been created.
- 11. I say I have failed, but God says I am victorious in Christ.**
1 Corinthians 15:57 — But thank God! He gives us victory over sin and death through our Lord Jesus Christ.
- 12. I say I am lost, but God says He gives me direction.**
Isaiah 30:21 — Whether you turn to the right or to the left, your ears will hear a voice behind you, saying 'This is the way; walk in it.
- 13. I say I am worried, anxious, or afraid, but God says with Him I am peace-filled.**
John 14:27 — Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.
- 14. I say I am unhappy, but God says I am joyful/joy-filled.**
John 15:11 — I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!.
- 15. I say I am afraid, but God says I am powerful, loved, and have a sound mind.**
2 Timothy 1:7 — For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.
- 16. I say I am nothing special, but God says I am fearfully and wonderfully made.**
Psalms 139:14 — praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.
- 17. I say I am worthless, but God says Jesus died because I am worth it.**
John 3:16 — For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.