

Building a Strong Family

Week 6: How Do I Get Out Of My Head?

Julie Whitehurst, March 6, 2024

Proverbs 23:7 "For as a man thinks, so he is."

Big Idea: Strong families _____ on Jesus.

Part 1: Roadblocks to thinking about Jesus

- 1) _____, our enemy
 - a) Tries to distort the _____ so that the _____ are easier to believe.
 - "A lie believed as truth will affect your life _____."
 - b) Tries to muddle and confuse our heads and keep us stuck in the _____.

2 Timothy 1:7: "God has not given you a spirit of fear, but of power and of love and of a sound mind."

- 1) Science
 - a) Our brains are in a _____.
 - Every thought we think makes it easier for our brains to think the same thing.
 - b) Focused, _____ mental activity can change the brain's wiring.

Part 2: Ways to change your brain

- 1) _____ your thoughts.
- 2) _____ our cognitive biases.
- 3) _____ your neural pathways.

Questions for Discussion:

- 1) What stuck out for you from today's lesson?

- 2) Did it surprise you that on average 70% of our thoughts are negative? How true do you think that is for you?

- 3) Is there a lie you believe that keeps you stuck in the past?

- 4) What is one way you could encourage your family to fix their thoughts on Jesus?

Action item: Figure out a lie or something negative that repeats itself over and over again in your brain making it hard to free yourself from its grip. Find a scripture that counters this lie or negative thought and speak it over yourself and pray for God to help you make that exchange in your life.