

hope

Re:Solution

Part 3 – “Word Up”

January 20, 2019

Groups Questions

1. How much do you think that your thoughts matter? Share a story of a time when your strongest thoughts led your life in a certain direction.
2. Normally we think of lies as words that people say to you, but we might not always think of lies as the thoughts we think. Do you think one is more damaging than the other?
3. Why are lies so destructive? Name as many practical and Biblical reasons as you are able.
4. Read 2 Corinthians 10:3-6. Explain how the mind is an important part of spiritual growth.
5. What negative thoughts and lies impact your thinking? What statements help you take the lies captive and make them submit to Christ?
6. What are you learning as you rehearse the truth?
7. Read John 8:30-32. What is the truth that sets us free? How do these verses give you hope?

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We will not overcome the forces of our negative thoughts until we replace our negative thoughts with the truth. Read through the list below and note the truths that speak the most directly to your negative thoughts. Feel free to change the wording, or add any other Biblical truths that speak most directly to you. Once you have your list, rehearse them daily, until the truth begins to displace the lies. Memorize the verses that are the source of your critical truths.

I am a child of God. (Galatians 3:26)

I am alive. (Romans 6:11)

I am Christ's ambassador. (2 Corinthians 5:20)

I am a masterpiece. (Ephesians 2:10)

I am content in Christ alone. (1 Timothy 6:6)

I am chosen. (Ephesians 1:4)

*I am determined to love God and love people.
(Matthew 23:37-38)*

I am known—even before I was born. (Jeremiah 1:5)

I am steady. (Psalm 91:1)

I am not alone—God is with me. (Joshua 1:9)

I am loved. (John 3:16)

I am free. (John 8:32)

I am healed. (1 Peter 2:24)

I am not ashamed. (Romans 8:1)

I am strong. (1 John 2:14)

I am fearless. (Isaiah 43:5)

I am secure. (John 10:28-29)

I am a new creation. (2 Corinthians 5:17)

I am not shaken. (Psalm 62:6)

*I am not stuck in worry because Jesus offers a peace
this world cannot give. (John 14:27)*

I am born again. (1 Peter 1:23)

I am more than a conqueror. (Romans 8:37)

*I am named by God, not labeled by man.
(Galatians 3:27)*

I am the light of the world. (Matthew 5:14)

I am mighty in His power. (Ephesians 6:10)

*I am the Church, and I exist for the world.
(1 Corinthians 12:27)*

I am a new creation. (2 Corinthians 5:17)

I am joyful. (Galatians 5:22-23)

I am gentle. (Galatians 5:22-23)

*I am not easily offended and will not hold onto
bitterness. (Galatians 5:22-23)*

I am patient. (Galatians 5:22-23)

I am faithful. (Galatians 5:22-23)

I am self-controlled. (Galatians 5:22-23)

I am kind. (Galatians 5:22-23)

*Nothing can separate me from the love of God in
Christ. (Romans 8:38-39)*

*My value and significance come from a humble
dependence on God. (1 Peter 5:5)*

*I don't need to be in control. God is in control.
(Proverbs 19:21)*

*God accepts me, not because of anything I have done.
(Titus 3:5)*

Only God may define who I am. (Galatians 3:26-27)

I lack nothing. (Psalm 23:1)

The joy of the Lord is my strength. (Nehemiah 8:10)

I will act justly, love mercy, and walk humbly with my God. (Micah 6:8)

I will fight the good fight for what matters most. (2 Timothy 4:7)

I seek friendships with other godly people to sharpen my perspective. (Proverbs 27:17)

I will fight the good fight for what matters most. (2 Timothy 4:7)

I am intentional about leaving my children an eternal legacy. (Deuteronomy 6:5-9)

I can be patient and kind because the Holy Spirit helps me. (Galatians 5:22-23)

The same power that raised Christ from the dead lives in me. (Ephesians 1:19-20)

Nothing can separate me from God. (Romans 8:38-39)

Sin has no power over me. (Romans 6:14)

I can resist the enemy. (James 4:7)

I can endure all things through Christ. (Philippians 4:13)

I have the mind of Christ. (1 Corinthians 2:16)

I have everything I need for life and godliness through the knowledge of Him. (2 Peter 1:3)

I overcome the world. (John 16:33)

Greater is He that lives in me. (1 John 4:4)

I have the ability to choose life. (Deuteronomy 30:19)

I am kept by the power of God. (1 Peter 1:5)

God meets my needs. (Philippians 4:19)

I have access to my heavenly Father. (Ephesians 2:18)

I have hope. (Hebrews 6:19)

The Lord is my shepherd. (Psalm 23:1)

My record has been wiped clean. (Psalm 103:12)

I am generous, because God is irrationally generous. (Romans 5:8)

It really is more blessed to give than to receive. (Acts 20:35)

I submit to God and resist the devil. (James 4:7)

Jesus fills me with hope. (Romans 15:13)

I can put my hope in God's promises because He is trustworthy. (Numbers 23:19)

I will pick up my cross daily and follow Jesus, no matter the cost. (Luke 9:23)

I run the race to finish strong. (1 Corinthians 9:24)

God will complete the work He first began in me. (Philippians 1:6)

Greater is He who is in me, than he who is in the world. (1 John 4:4)

I keep no record of wrongs. (1 Corinthians 13:5)

I will not fear, because God is with me. (Isaiah 41:10)

I will not be a slave to fear. (Galatians 4:7)

God is my shelter and my hiding place. (Psalm 32:7)

God is my protection in whom I confidently trust. (2 Thessalonians 3:3)

God commands His angels to guard me in all my ways. (Psalm 91:11)

I rely on God's strength because when I am weak, I am strong. (2 Corinthians 12:9-10)