



WHO'S CONTROLLING YOUR THOUGHTS

How to Control Your Thoughts and Emotions
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Lesson 2: Lies of Destruction

Guided Notes:

Use these guided notes to guide you through the lesson.

The Misconception...

- I used to think that once I reached a certain place in my Christian walk. ...
 - I wouldn't have any more _____.
 - I'd never have a feeling of _____.
 - I'd never think anything crosswise to the Word of God.
- Unfortunately, that is just not the way it works.
 - That doesn't mean you have to just sit there.
 - You don't have to _____ every single thing that your mind comes up with!

Whispers of Destruction...

- Did you know...
 - Many of the negative thoughts that you have are not _____.
- They are really _____ that he's trying to get you to accept as _____.
- He whispers his words of _____ and _____.

Additional Notes

- Why?
 - He wants to stir up your _____.
 - He knows if he can _____ your emotions he can get you to miss out on something that God has in store for you.
 - He knows that certain things you won't _____.
 - But, he's watched you long enough to know which things you will...
 - And those are the whispers that you hear.
 - He wants you to think they are your own _____.
 - He wants you to _____ them as truth...
- “You aren't good enough. Just think about all of the mistakes you've made...”*
- “You think God's really gonna do that – It's not even realistic...”*
- “You can't control how you feel. You can't make yourself forgive someone...”*
- “If God loves you so much, why didn't He stop that from happening...”*
- And on and on..._____
 - Deceiving thoughts snuck into your _____ to give you the impression that they are your own.
 - And, if you keep them there long enough, they eventually _____

Additional Notes

What's On Your Heart....

Reflection Questions

1. Why do you think Satan is so interested in our thought life and our emotions? What should that say to us as Christians about safeguarding our minds against his mental attacks? _____

2. In the battle for your mind, who do you think is currently winning? What are some things that you can do to take over more of your mental territory for Jesus? _____

3. How does thinking of your mind as valuable territory in the battle between God and Satan change the way that you view the importance of your thoughts? _____
