



# WHO'S CONTROLLING YOUR THOUGHTS

How to Control Your Thoughts and Emotions  
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## Lesson 1: Our Problem...God's Solution

### Reflection Scripture

...let the Spirit renew  
your thoughts and attitudes.  
Put on your new nature,  
created to be like God—truly righteous and holy.  
- Ephesians 4:23-24 (NLT)

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## Guided Notes:

Use these guided notes to guide you through the lesson.

### God's Desire For You...

- Your Heavenly Father wants to transform you into a monument to His love, \_\_\_\_\_ and grace.
- You can become an exhibition of His \_\_\_\_\_ power.
- There is only one things standing in the way...  
\_\_\_\_\_

### Our Problem...

- One of the biggest obstacles standing in the way of most Christians and the transformational power of the Lord:
  - Their own \_\_\_\_\_.
  - Their thoughts and \_\_\_\_\_ betray them.
- People read or receive a \_\_\_\_\_ from God.
  - But they allow their thoughts and emotions to \_\_\_\_\_ their victory:
    - \_\_\_\_\_
    - \_\_\_\_\_
    - \_\_\_\_\_ etc.
- Many hear God's \_\_\_\_\_, but, their emotions and thoughts betray them.
- How can you be sure that you don't allow your mind to steal the \_\_\_\_\_ that God has in store for you?

### God's Solution...

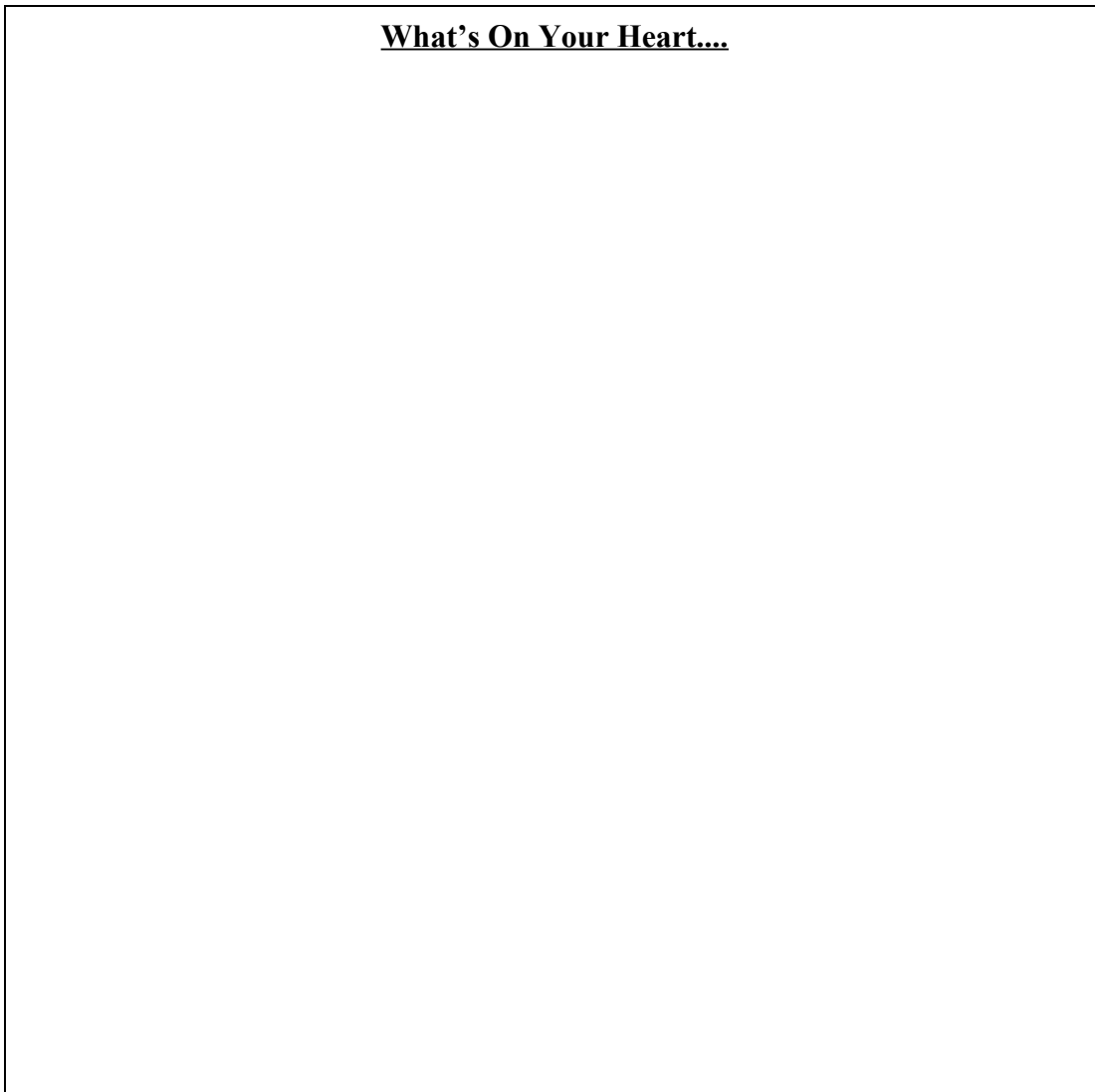
- Many fall into the \_\_\_\_\_ of thinking they have NO control over how they feel or think.

### Additional Notes

- They hit a challenging situation
  - Negative \_\_\_\_\_ - \_\_\_\_\_ thoughts flood their minds
  - A wave of \_\_\_\_\_ sweep over them.
  - And they feel \_\_\_\_\_ to change any of it.
- God has not left you \_\_\_\_\_.
  - He has given you the \_\_\_\_\_ \_\_\_\_\_.

With the help of the Holy Spirit,  
you can finally learn how to \_\_\_\_\_ your negative thoughts and emotions,  
and Stop Letting Them Control You...

**What's On Your Heart....**



## Reflection Questions

1. Were you shocked to find out that our emotions can stop us from walking in the plan that God has for our lives? Why or why not?

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2. Why do you think so many Christians are ruled by their emotions? Why can our thoughts and emotions seem more “real” than God's Word? \_\_\_\_\_

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3. What emotions do you feel that you struggle with the most on a daily basis? How do they affect your daily life? \_\_\_\_\_

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