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)
**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 thing 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.

*The Hem’s School of the Spirit* – Helping You Become a True Student of God!
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?

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?

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