

FRAMING

WINNING THE WAR IN YOUR MIND

_____ : Remove the _____, replace with _____.

_____ : Rewire your _____, renew your _____.

Psalm 19:14 *May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer.*

Luke 6:45 *What you say flows from what is in your heart.*

Frame of reference = _____

Numbers 13:27-30 *This was their report to Moses: "We entered the land you sent us to explore, and it is indeed a bountiful country—a land flowing with milk and honey. Here is the kind of fruit it produces. 28 But the people living there are powerful, and their towns are large and fortified. We even saw giants there, the descendants of Anak! 29 The Amalekites live in the Negev, and the Hittites, Jebusites, and Amorites live in the hill country. The Canaanites live along the coast of the Mediterranean Sea and along the Jordan Valley." But Caleb tried to quiet the people as they stood before Moses. "Let's go at once to take the land," he said. "We can certainly conquer it!"*

Numbers 13:31-33 *But the other men who had explored the land with him disagreed. "We can't go up against them! They are stronger than we are!" 32 So they spread this bad report about the land among the Israelites: "The land we traveled through and explored will devour anyone who goes to live there. All the people we saw were huge. 33 We even saw giants there, the descendants of Anak. Next to them we felt like grasshoppers, and that's what they thought, too!"*

Numbers 14:1-4 *Then the whole community began weeping aloud, and they cried all night. 2 Their voices rose in a great chorus of protest against Moses and Aaron. "If only we had died in Egypt, or even here in the wilderness!" they complained. 3 "Why is the Lord taking us to this country only to have us die in battle? Our wives and our little ones will be carried off as plunder! Wouldn't it be better for us to return to Egypt?" 4 Then they plotted among themselves, "Let's choose a new leader and go back to Egypt!"*

Numbers 14:6-10 *Two of the men who had explored the land, Joshua son of Nun and Caleb son of Jephunneh, tore their clothing. 7 They said to all the people of Israel, "The land we traveled through and explored is a wonderful land! 8 And if the Lord is pleased with us, he will bring us safely into that land and give it to us. It is a rich land flowing with milk and honey. 9 Do not rebel against the Lord, and don't be afraid of the people of the land. They are only helpless prey to us! They have no protection, but the Lord is with us! Don't be afraid of them!"*

Exodus 3:8 *So I have come down to rescue them from the power of the Egyptians and lead them out of Egypt into their own fertile and spacious land. It is a land flowing with milk and honey—the land where the Canaanites, Hittites, Amorites, Perizzites, Hivites, and Jebusites now live.*

_____ : Reframe your _____, restore your _____.

REFRAMING IS CREATING A DIFFERENT WAY OF LOOKING AT A RELATIONSHIP OR SITUATION BY CHANGING ITS _____.

_____ Your _____

Romans 15:20-25 *My ambition has always been to preach the Good News where the name of Christ has never been heard, rather than where a church has already been started by someone else. 21 I have been following the plan spoken of in the Scriptures, where it says, "Those who have never been told about him will see, and those who have never heard of him will understand." 22 In fact, my visit to you has been delayed so long because I have been preaching in these places. 23 But now I have finished my work in these regions, and after all these long years of waiting, I am eager to visit you. 24 I am planning to go to Spain, and when I do, I will stop off in Rome. And after I have enjoyed your fellowship for a little while, you can provide for my journey. 25 But before I come, I must go to Jerusalem to take a gift to the believers there.*

Philippians 1:12-14 (NLT) *I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News. For everyone here, including the whole palace guard, knows that I am in chains because of Christ. And because of my imprisonment, most of the believers here have gained confidence and boldly speak God's message without fear.*

Thank God for what he _____ do

Look for God's _____

Isaiah 55:8-9 'My thoughts are not your thoughts, neither are your ways my ways,' declares the LORD. 'As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts'.

Psalms 118:24 This is the day that the LORD has made; let us rejoice and be glad in it.

_____ your _____

I cannot _____ what happens to me, but I can control how I _____ it.