

FRAMING...& ENOUGH

WINNING THE WAR IN YOUR MIND

_____ : Reframe your _____, restore your _____.

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

Reframe Your Past

Thank God for what he _____ do

Look for God's _____

Psalm 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.

Philippians 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

_____ = hold over one; to be superior in rank, authority, and power.

Philippians 4:8 8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

1 Kings 19:4 He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."

We get fixated on the presence of our _____, and we lose our focus on the presence of _____.

1 Kings 19:9 *“What are you doing here, Elijah?”*

1 Kings 19:10 *He (Elijah) replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.”*

When you are problem-focused and self-focused, you’ll believe _____ thoughts.

Philippians 4:4-6 *Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

_____ the presence of God will give you peace when you have cause to panic.

1 Kings 19:11-12 *The LORD said, “Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. 12 After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.*

Be _____ and listen.

When you’ve had _____, God is enough.

Psalms 145:17-19 *The LORD is righteous in all his ways and faithful in all he does. 18 The LORD is near to all who call on him, to all who call on him in truth. 19 He fulfills the desires of those who fear him; he hears their cry and saves them.*

The Lord is close.
He is near.
He will never leave me nor forsake me.
Nothing can separate me from his love.
He is always with me.
I am never alone, and he is enough for me.
His strength sustains me.
He watches over me, and he guides me with his loving eye upon me.
God is close, and he wants to draw me close.
I will lean into him and listen for his whisper.

Philippians 4:7 *And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*