



SISTERHOOD *Lounge Room*

From our lounge room to yours!

The Battlefield of the Mind
Handout Week 1

Welcome back to the Sisterhood Lounge Room! In this month's episode Nicola, Julie, Hanna, and Rebecca discuss the battlefield of the mind, they shared some practical wisdom on how to manage your thought life from Biblical truth and their own personal experience.

As you gather in your lounge room, we have highlighted the key scriptures from this episode, as well as a few questions you can use to continue the conversation...enjoy.

"For as he thinks in his heart, so he becomes."

Proverbs 23:7

WHAT WE THINK INTERNALLY, TRANSLATES EXTERNALLY TO WHO WE BECOME.

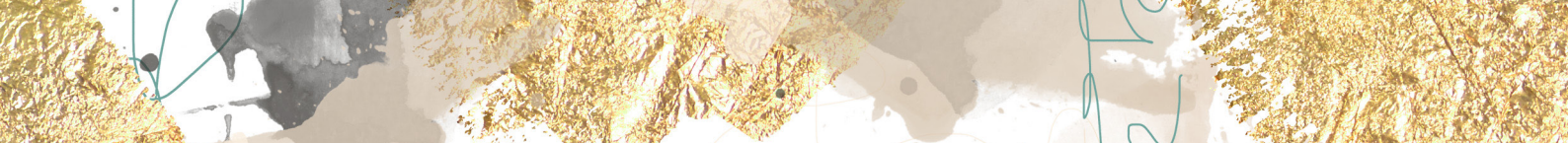
Nicola stated that on average we think between 60 - 80,000 thoughts a day. We process so much information across every sphere of life which, if left unmanaged, can result in feelings such as fear, anxiety, and depression that will inhibit us. God's word directs us to be transformed into a new person by the renewing of our mind (or by changing the way you think). (Romans 12:2).

"For as he thinks in his heart, so he becomes" - Proverbs 23:7

Q: Are you intentional with what you think about? Would you say your thoughts are largely positive or negative?

Q: Is there a negative thought pattern that you have learned to replace and overcome with God's truth? How has that changed your life? Share this with the group.

Q: Identify one unhelpful thought pattern you would like to change and discuss what truth in God's word you can meditate on to renew this mindset.



Rebecca reminded us that feelings of stress and being overwhelmed are normal when facing challenges in life. Instead of denying or ignoring these feelings, we should acknowledge them and get curious as to why we are feeling this way. When we discover the root of the emotion, we can seek spiritual and practical wisdom to move into a healthier mindset.

Two questions Rebecca asks herself when experiencing these emotions are:

How is my relationship with God?

How's my prayer life?

Our time with God can easily become an obligatory ticked box or a place of inconsistency, rather than a place of intimacy with God. Every relationship is different and the way we relate to God will look different to the people around us. The goal of time with God is relationship. Find what works for you and your season. Peace is found in the presence of God. *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."* – Philippians 4:6-7

Q: Ask yourself the two questions Rebecca does. What is the condition of your relationship with God like and how is your prayer life?

Q: Do you find it easy to spend time with God daily?

Q: What are some of the ways you best hear from God?

"NOW FAITH IS CONFIDENCE IN WHAT WE HOPE FOR AND ASSURANCE ABOUT WHAT WE DO NOT SEE" - HEBREWS 11:1 NIV

Julie shared that in both times when she was diagnosed with cancer, she immersed herself in scripture and through the Word, stood her ground against fear. She meditated daily on

scriptures of healing. She visualised herself fully healed.

Julie also said that she guarded her heart by being careful to share her journey only with people of true faith. People who she knew would stand with her and pray from a place of faith and not from a place of fear.

Once, when fear overwhelmed her, she phoned a friend who prayed powerfully for her and took authority over fear, which gave her perspective again that God was and is still bigger than any sickness or situation.

"Fear not [there is nothing to fear], for I am with you; do not look around you in terror and be dismayed, for I am your God. I will strengthen and harden you to difficulties, yes, I will help you; yes, I will hold you up and retain you with My [victorious] right hand of rightness and justice." - Isaiah 41:10 AMPC

Julie continued to say this scripture draws out two truths we need to settle into our minds when fear attempts to overwhelm us:

1. Perspective. Any situation or sickness when compared to God is 'nothing.' He is bigger, He is in control, and He has the final say.
2. Authority. We have been given the authority to rebuke fear and to stand against any weapon forged against us. We walk in His completed work and in the power of His ever-present presence.

Q: When you face challenges are you naturally filled with fear or faith? What practical things can you do to shift your perspective to one of faith when challenges arise?

Q: Has there been a situation that you have navigated where the word of God has enabled you to stand firm through it? Discuss this with your group.

Q: What situation are you currently facing that you need to take authority over in Jesus name?



WALK THROUGH THE VALLEY TOWARDS YOUR VICTORY

Nicola said God can work in both the suddenly and the process. He can work in a moment and deliver us or he can work with us on the journey.

Nicola shared three things for walking in freedom:

1. Word: The Word of God is a weapon (Ephesians 6), don't try to fight the battlefield of the mind without this God given weapon, which cannot fail.
2. Worship: Worship elevates God over our situation, no matter how big our circumstance, God is more power, mightier and reigns supreme.
3. Warfare: We must take captive every thought that is contrary to the Truth. Don't let stinking thinking take root in our minds. If it isn't from God, rebuke it!

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." - 2 Corinthians 10:5

Q: Out of these three points, Word, Worship and Warfare, which is the area you need to focus on right now?

Q: What thought or mindset have you had that you have had to change? How did you do this?

Q: What's a scripture that you have held onto in a challenging time? Share with the group.

OUR HOPE IS NOT BASED ON CIRCUMSTANCES; IT IS BASED ON A PERSON.

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." – 1 Thessalonians 5 16-18

Julie said that perhaps we don't need to be running after new revelations or more information. Perhaps we simply need to put into

practice what we already know to be true. Joy is found in Christ Jesus.

Julie shared how she actively cultivates joy, hope and peace in her life. Joy is not based on circumstances or optimism but based on the character of God and the promises of His Word. In today's climate, Julie feels that the finest thing she can offer people around her is true hope and joy.

Q: What might you be relying on right now to bring you joy and hope other than God?

Q: What is the difference between being happy and joyful? Discuss with your group.

Q: How can you remain joyful in all circumstances as Thessalonians encourages us to?

FINAL THOUGHT

You can't tell the victory story unless you have walked through the battle. The greatest battles can become your greatest victory's.

Pray - Father, we thank you that we have been given the Holy Spirit to help us renew our minds. Jesus, you have given us all we need to walk in freedom, we receive your power, anointing and dominion. We commit to a life of renewing our mind as we continue to walk with you. Amen