

SISTERHOOD

Lounge Room



From our lounge room to yours!

The Battlefield of the Mind
Handout Week 2

Loved this month's episode? Well so did we!

Here are a few additional questions, scriptures, and thoughts from the girls as they gathered to discuss the battlefield of the mind.

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Matthew 6:34

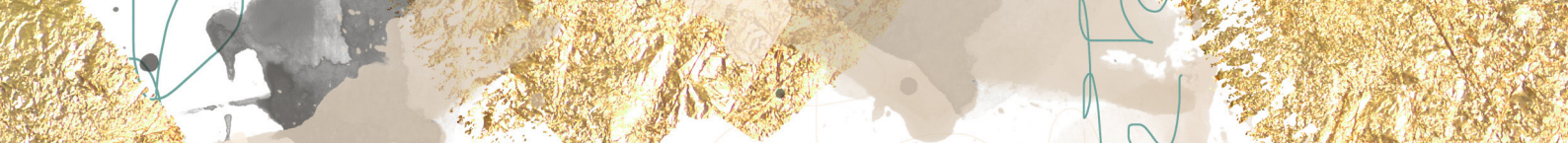
YOU ARE WHAT YOU THINK

Nicola reminded us that our thoughts effect our emotions, and our emotions effect our soul. Maintaining a healthy thought life is key to a healthy soul, which then outplays in our behaviours. We are what we think, and to become more Christ like is to begin with the transformation of our mind.

“Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.” - Romans 12:2 NLT

Nicola shared how she once focused on caring for one area (her spirit), whilst neglecting the other areas, and after a few weeks realised it wasn't working because we are not one-dimensional beings. Hanna explained that looking after yourself requires proper attention to your body, spirit, soul and mind. We can't neglect one part of our beings without reaping the effects, all parts of who we are created to be need attention.

Be mindful that God created us body, spirit,



soul, and mind and consider the conditions we need to cultivate in our life to see all these areas healthy so we can truly flourish. Learn what fuels and fills these areas in your life. This can be applied to your relationships with others too. We cannot pour into others when we are empty and depleted. We need to live out of an overflow.

Q: Are you aware of what fuels you? Share an area that is flourishing in your life and how you are intentional in this.

Q: What is one area (body, soul, spirit, mind) that needs more attention and discuss changes you could make to see this area become healthier?

Nicola shared her observation on how the pandemic has amplified fear in people's lives. She shared an experience of fear she had when she was a young adult and how she walked through the season and encountered freedom in Christ.

"For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline." - 2 Timothy 1:7

Through this scripture, Nicola got the revelation that she was not a fearful person. That fear is a spirit and that she could choose to accept this spirit or reject it.

Q: What situations cause you to be fearful or anxious?

Q: What are some of the practical things you do when you are fearful? Discuss with your group.

Q: Read 2 Timothy 1:7 again, what new revelation does this verse give you about fear?

"BEFORE I FORMED YOU IN THE WOMB I KNEW YOU. BEFORE YOU WERE BORN I SET YOU APART; I APPOINTED YOU AS A PROPHET TO THE NATIONS." - JEREMIAH 1:5 NIV

As a young adult, Rebecca experienced depression. Friends within church walked her through and out of this mindset. Reflecting on this season Rebecca said that she didn't have a strong relationship with God at that time, but church awoke a hunger in her for the word and prayer. She began to build a habit of spending time in the presence of God each morning through bible reading and prayer, that allowed Him to tell her who she was, which overtime gave her the victory in overcoming depression.

Rebecca said that those old familiar feelings may still occasionally rise in her, but she manages to overcome them by declaring the truth from scripture over herself.

Q: What do you think has had the biggest influence in shaping your view and value of yourself?

Q: How do you think God's Word can help you shape the right view of who are and who you are called to be?

Q: What are some of the pitfalls in letting the world dictate your identity?

"IF YOU LOOK AT THE WORLD, YOU WILL BE DISTRESSED. IF YOU LOOK WITHIN, YOU WILL BE DEPRESSED. IF YOU LOOK AT GOD YOU'LL BE AT REST." - CORRIE TEN BOOM

Nicola said that when we put words to our inner thoughts and speak them out loud, we invite the light to expose what is not from God. Continually internalising our feelings in isolation only amplifies anxiety and depression. Talking to someone helps. Choosing to be vulnerable with a person we trust, can help us process and take positive steps forward.

Q: Do you have people in your life who you can be vulnerable with?

Q: What's one piece of advice from a trusted source that you have never forgotten?

HOW TO NAVIGATE THE NOW AND NOT YET

Hanna explained that when she experienced post-natal depression, she was living in the tension of both declaring victory for full healing and going through the process of seeking help and surrounding herself with support. She learned from meditating on the Psalms that David freely spoke his full feelings out to God whilst having full confidence that God was his deliverer. This helped her come to terms with her fragility and trust that God surrounds and protects us when we are vulnerable.

"I could ask the darkness to hide me and the light around me to become night but even in darkness I cannot hide from you. To you the night shines as bright as day. Darkness and light are the same to you. You made all the delicate, inner parts of my body and knit me together in my mother's womb." - Psalm 139:11-13

Q: Do you find it easy to speak openly with God, can you pour your heart out to God in a raw and vulnerable way as David did?

Q: Who would you go to first when you are hurt, disappointed or frustrated? Does this help the situation?

Q: How do you stand in faith when your circumstance is opposed to what you know God's word says? What do you do in the tension of the now and not yet?

REJOICE, ALWAYS.

Circling back to this scripture from our first set of study notes, Julie shared how she has created a daily habit to counter anxiety and being overwhelmed. She daily reminds herself that hope, joy and peace are not based on circumstances, but found only and entirely in Jesus! Julie puts into practice Jesus' words of refusing to worry about tomorrow, living one day at a time, and practicing gratitude (rejoicing).

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." - Matthew 6:34

Q: What are some of the things you are worrying about right now? What scripture can you use to declare over this situation?

Q: How can you cultivate the practice of gratitude? What are some practical things you can implement to remind your soul of all the benefits and blessings of God?

Q: What are three things you are grateful for today?

FINAL THOUGHT

Face each challenge one day at a time. Refuse to worry by submitting concerns to God through prayer and trusting him with them. Rejoice continually offering Him your sacrifice of praise.

Pray - Father thank you for the wisdom found in your word that transforms our lives and brings us hope and peace. Please come alongside us Holy Spirit as we choose to renew our minds according to the truth of your word and rejoice in you continually. Thank you that in you there is freedom, wholeness, and joy to be had. Help us as we abide in you to live the victorious life you offer us. Amen.