

UNSTUCK

current sermon series



FIXING YOUR THOUGHTS

August 16, 2020 // Tyler Scott, Lead Pastor
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This season is causing so many of us to feel anxious and unsettled and...STUCK. Getting UNSTUCK starts in our mind. God's peace is different from the world's peace. True peace is not found in positive thinking or in the absence of conflict. True peace comes when we fix our thoughts on what's true, good and Godly.

- 1. PERFECT PEACE** - READ ISAIAH 26:3–We can never avoid strife in the world around us, but with God we can know perfect peace. What is "perfect peace"? How do we get it?
- 2. FIX YOUR THOUGHTS**–READ PHILIPPIANS 4:8 – What we put into our minds determines what comes out in our words and our actions. What does this passage remind us to do? Why is that important?
- 3. TAKE EVERY THOUGHT CAPTIVE**–READ 2 CORINTHIANS 10:3-5 – We, like Paul, are merely weak humans, but we don't have to use human plans to win our battles. What weapons do Christians use? Even our thoughts must be submitted to God. What does it mean to take every thought captive?
- 4. FORM NEW GROOVES**–READ ROMANS 12:2–What does it mean to be conformed to the patterns of this world? Why is it important to be transformed in our minds?
- 5. CHOOSE PRAYER OVER WORRY**–READ MATTHEW 6:31-33– Why does Jesus tell us not to worry? What should we do when we begin to worry? Explain your answer.

DISCUSSION QUESTIONS:

1. Would you use the word "peace" to describe your thoughts lately?
2. Which thoughts are you most prone to? Negative, Fearful or Critical thoughts?
3. What thoughts can you identify right now that you can reject and replace?

COMMIT TO MEMORY–*"You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!"* Isaiah 26:3

CHALLENGE–Identify...Reject...Replace. When you find yourself getting an anxious, fearful or having negative thoughts this week, replace it with scripture. Fearful thoughts–2 Timothy 1:7; Negative thoughts–2 Corinthians 12:9; Critical thoughts–Romans 8:28.