



IronWorks: "TALKING BACK" Speaking truth to my dark thoughts "

Sept. 20 & 25, 2019

Teacher: Roger Thompson

"A Sound Mind"

How strong is your mind?

- Exercise productive thoughts
- Assemble relevant facts
- Filter out intrusions
- Analyze for error
- Plan intentionally
- Respond thoughtfully
- Speak encouragingly
- Override fear

Do not be conformed to this **world**, but be transformed by the **renewal of your mind**, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:2

PROGRAMMING OF THE MIND:

- REFLEXES
- FLESH
- WORLD
- DEVIL

GOAL: Whatever is **true**, whatever is **honorable**, whatever is **just**, whatever is **pure**, whatever is **lovely**, whatever is **commendable**, if there is any **excellence**, if there is anything worthy of **praise**, think about these things. Philippians 4:8

1) RECOGNIZE

James 3:14-16

Psalm 69:1-16



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James 3:14-16

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2) RESIST

James 1:13-14

1 John 2:15-17

1 John 4:4-6

Titus 3:3

3) REPLACE

Ephesians 4:17-24

Discussion Questions

1. From my background (family & experience) I now recognize my mind was programmed to “love the World.” How does that show up in my thinking and behavior?
2. What false or unhealthy thinking do I resist with truth because it takes me to dark places?
3. What is one feature of Philippians 4:8 I will practice TODAY?

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