

Real Life Thought Life Stata

- People average about _____ distinct thoughts per day. Because of _____, the majority of our thoughts are negative.
- _____% of U.S. adults had an anxiety disorder in the past year. About 1 in 5.
- _____ million Americans age 12+ had a substance use disorder in the past year. 1 in 6.

Three Lies from the Snake (Genesis 3:1-5)

1. “Did _____...” - attack God’s Word.
2. “You _____.” - deny consequences.
3. “God _____...” - attack God’s goodness and motives.

2 Corinthians 10:5 we take _____ to make it obedient to Christ.

Pray about this - What lie has been shaping your life?
What Truth will you declare over your life?

Scriptures to Break Chains

Genesis 3:4–5 (NIV) “You will not certainly die,” the serpent said to the woman. “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”  **Goal:** Ask God to show you one lie you’ve been believing about Him this week and confront the lie.

John 8:31–32 (NIV) To the Jews who had believed him, Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.”  **Goal:** Choose one teaching of Jesus (one verse) to “hold to” each day this week by reading it and praying it back to Him.

John 8:44 (NIV) “You belong to your father, the devil, and you want to carry out your father’s desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.”  **Goal:** When a condemning or fearful thought hits, pause and ask, “Is this my Father’s voice or the father of lies?”—and reject what doesn’t sound like Jesus.

Romans 8:1–2 (NIV) Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.  **Goal:** Each time you feel condemned this week, speak out loud, “In Christ, there is no condemnation for me,” and thank God for setting you free.

2 Corinthians 10:4–5 (NIV) The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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.  **Goal:** When a negative thought repeats, write it down, then write one truth from Scripture beside it to “take it captive” to Christ.

2 Corinthians 5:17 (NIV) Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

 **Goal:** Declare “In Christ I am a new creation,” and live as someone who is no longer defined by the old.
Mission: Help people FIND & FOLLOW Jesus Christ.

Ready for your Next Step?



Learn about Redemption
Find Your Purpose
Use Your Strengths
Make A Difference
And have fun doing it

Sign Up to Learn More

Next Steps Session
• Sunday, Feb 22



Connect Groups are going strong!
In Person & Online
Meeting Everywhere!



#growfaith



Real change doesn't come from shame.
Get the free Freedom Without Shame guide.



SCAN HERE

You don't have to figure this out alone. 🍷
Join us for the Breaking Chains series! ❤️

12 Weeks.
One Bible.
Let's go.

Interested in
learning
your Bible?



STUDYGROUP

Revival in
Lebanon



GIVE ONLINE: CashApp



\$redemptionplano