

# KING OF KINGS MESSAGE DISCUSSION GUIDE

## WINNING THE WAR IN YOUR MIND - AUGUST 21, 2022

Week 3

### Icebreaker

What's the most fun birthday you've had in the past 3 years?

### Key Passage

Romans 7:15; 19-20

"I do not understand what I do. For what I want to do I do not do, but what I hate I do... For I do not do the good I want to do but the evil I do not want to do – this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it."

### Discussion Questions

1. According to the National Science Foundation, 80% of the average person's thoughts are negative, and 95% of those are repetitive thoughts (also known as Automatic Negative Thoughts). What Automatic Negative Thoughts do you find yourself returning to time and time throughout the day?
2. What in your life produces the most common anxious thoughts?
3. Read the verses from Romans above. How do you relate to Paul's dilemma?
4. Why is it easy to recognize Satan as the devil yet still fall into his traps when he tells us lies about ourselves?
5. What do you do when Automatic Negative Thoughts come to your mind?
6. Read Philippians 4:9. Have you ever tried reframing Automatic Negative Thoughts as Positive Godly Thoughts? What might that look like in practice?
7. How can prayer help you win the war in your mind?
8. Paul used his prison sentence in Rome as an opportunity to write "prison sentences" – his letters to young churches. In what ways can you reframe your thinking and use a rough situation as an opportunity for good?
9. Zach gave us a 3-step process to kill Automatic Negative Thoughts: Remove, Replace, Repeat. What do you think of this method? How can you apply it this week?

### Close with Prayer