



Feedback Loops: How to Deal with Your Inner Critic // Jeff Brodie // **September 12, 2021**

The conversations you have most often are the ones you have in your own mind. And if you are honest, they are likely more negative than positive. Sometimes what you hear comes from your past, while other messages are lies you've picked up over time, and others show up as anxiety and self-doubt. Here's what's critical: How you think tends to become how you live your life. What if it were possible to move towards internal freedom and win the war in your mind?

In this series, we are going to look at what Scripture has to say about how you turn down the volume on your inner critic and shine a light on the lies you tell yourself.

Scripture: [Romans 7:12-17 NLT](#), [Romans 6:10-14 NLT](#), [Romans 8:6 NLT](#), [Romans 12:2 NLT](#),

Bottom Line: Jesus broke the power of sin so I don't have to _____ anymore.

Getting Started:

1. What is the conversation like in your head?

Jumping In:

2. Jeff shared about Mark Manson's idea of "the feedback loop from hell." Have you ever experienced this in your own life? What was that like?
3. Have you ever considered the spiritual side of the head space that you are in? Why do you think that is?

Discuss:

4. Read [Romans 7:12-17 NLT](#). Can you relate to what Paul is describing?
5. Jeff shared that the behaviour of sin is about what we do, whereas the condition of sin is about our brokenness. How does this differentiation change your perspective of your inner critic?
6. "Every one of us is shadowed by an illusionary person: a false self. A life devoted to the cult of this shadow is what is called a life of sin." - Thomas Merton

- a. Have you ever tried to be a false version of yourself? How so?
 - b. Can you pinpoint how your inner critic leverages this sin against you?
7. Jeff shared that the things you focus on are the things that grow in your life. What do you need to stop focusing on? What do you need to start focusing on?
8. Read [Romans 6:10-14 NLT](#). Paul asks us to focus our minds on one thing--that Jesus broke the power of sin in our lives. How does that change in focus change your feedback loop?

Moving Forward:

Take time this week to think about the feedback loop you find yourself stuck in. What is the false thing that your inner critic is trying to use against you? Once you've taken time to recognize your feedback loop, fill in the blank of this next sentence:

Jesus broke the power of sin so I don't have to _____ anymore.

Changing Your Mind:

"So Christ has truly set us free. Now make sure that you stay free, and don't get tied up again in slavery to the law." Galatians 5:1 NLT