



## **Change Your Internal Perspective // Jeff Brodie // September 26, 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?

**Scripture:** [2 Corinthians 10:3-5 NIV](#), [Philippians 1:12-14 NLT](#), Luke 7

**Bottom Line:** To break a pattern of thought, look to Jesus to give you perspective.

### **Getting Started:**

1. How did it go doing your Thought Audit last week? Were you surprised by anything you learned?

### **Jumping In:**

2. Do you find yourself focusing on the gaps in your life over the good things in your life? Why do you think that is?
3. What are the gaps you focus on most often?

### **Discuss:**

4. Jeff shared that "a thought pattern is a default way of framing your circumstances." Have you ever taken time to think about your thought patterns? If not, take a few moments to do that now. What do your thought patterns reveal about your default way of framing your circumstances?
5. Read [Philippians 1:12-14 NLT](#). How did Paul change how he framed things?
6. Have you ever considered asking Jesus to show you his purpose in your circumstance so that you could get a fresh perspective?
7. Jeff shared this quote from Craig Groeschel: "You can't control what happens to you, but you can control how you frame it." Which of the three ways to reframe the way you see things is hardest for you?

- a. *Reframe your present:* Look for what Jesus is doing now.
- b. *Reframe your past:* Look for how Jesus is using your past to point to your purpose.
- c. *Pre-frame your future:* Allow Jesus to help you decide how you will see a future experience.

**Moving Forward:**

Take time this week to reflect on the thought patterns you get stuck in. Consider these three ways to reframe your thinking as you reframe your thought patterns.

1. Reframe your present: Look for what Jesus is doing now.
2. Reframe your past: Look for how Jesus is using your past to point to your purpose.
3. Pre-frame your future: Allow Jesus to help you decide how you will see a future experience.