

# THE BIG 3

THREE THINGS YOU NEED TO KNOW

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## MIDWEEK KICK-OFF

We are kicking this school year off with a Family Pizza Party! Join us Wednesday, September 13 from 5:30 - 6:15 p.m. for pizza in the Great Room. KidsPoint, Point FourFive, GSM (grades 6th-12th), & small groups will begin at 6:30 p.m. It's going to be a great year & we hope to see you midweek!

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## PARENT SEMINAR

On Saturday, September 23, from 8:45 a.m.-noon, Pastor Ryan will be hosting a parent seminar. Dr. Scott Turansky & Joanne Miller, co-founders of the National Center for Biblical Parenting & authors of over a dozen books on parenting, will be the speakers. This seminar is for any parent, grandparent or other caregiver who wants to thrive in their role. Doors will open at 8 a.m. for a continental breakfast. The cost is \$15/person or \$25/couple & includes breakfast, snack & childcare (if needed). You can register online at [gpw.church/parentseminar](http://gpw.church/parentseminar). If you have questions or need financial assistance, please contact Pastor Ryan at [rkoltiska@gracepointwesleyan.org](mailto:rkoltiska@gracepointwesleyan.org).

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## UPCOMING EVENTS

October 1 - Family Dedication Pre-Meeting

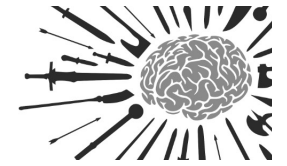
October 21 - Family Dedication Day

November 5 - Baptism Class

November 19 - Baptisms & TFest



## WINNING THE WAR IN YOUR MIND



SEPTEMBER 10, 2023 | STEVE NORBY

Change your THINKING change your LIFE.

### THREE STEP PROCESS Philippians 4:8-9

#### 1. THINK RIGHT

- Thoughts SHAPE your life.

**Question:** Do I like the DIRECTIONS my thoughts are taking me?

#### 2. DO RIGHT

**Question:** Will you ADOPT a purposeful, thoughtful "doing right" life focus?

#### 3. EXPERIENCE RIGHT

**Question:** Do you think you can EXPERIENCE the peace of God without addressing your thought life & putting into practice the ways of Jesus?

### PART ONE: THE REPLACEMENT PRINCIPLE

- REMOVE the lies, REPLACE them with truth. Philippians 4:8-9, Timothy 1:7

PERCEPTION can lead to DECEPTION.

### BIG THOUGHT

There is a battle going on for your MIND. Ephesians 6:12, John 8:44, John 10:10, 1 Peter 5:8

### PERSPECTIVE

A lie believed as truth can AFFECT your LIFE as though it is true.

What lies are holding you captive?

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### CONCLUSION

You cannot CHANGE what you do not CONFRONT.

### SERIES GOAL

THINK about what you THINK about.

# THOUGHT AUDIT

## LIFE SAPPING

Are my thoughts tearing me down?

Do I think worried thoughts?

Do my thoughts cause me to keep people at a distance?

Are my unhealthy thoughts keeping me from the life I want?

Are my unhealthy thoughts keeping me from the life God wants for me?

Are my thoughts negative, toxic, or self-deprecating?

Does my inner voice tell me I'm helpless or that life is hopeless?

Do I find myself skeptical of others?

Do I lean toward imagining the worst-case scenarios?

## LIFE GIVING

Are my thoughts building me up?

Do I think peaceful thoughts?

Does my self-talk inspire me to step out in faith?

Do my thoughts help me get closer to others?

Do my thoughts reflect faith?

Are my thoughts God-honoring?

Do my thoughts reflect my hope in Jesus?

Do my thoughts inspire me to believe I can make a difference in the world?

Do my thoughts equip me to become more like Jesus?

Do my thoughts connect me to the vision God has for my life?