



## TALK IT OVER

Managing Your Mind

### BOTTOM LINE

Our wounds and all the results from them are now our responsibility.

### CONVERSATION STARTER

Have you ever broken a bone? How and when? Have you ever been burned badly? How and when? Have you ever had a bad wound or hard surgery? How and when? Where was your most difficult recovery?

### THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

### RESOURCES

- The Daily: [newpointeorg/daily](http://newpointeorg/daily)
- [Dealing with Grief](#) - Tom Holladay, Saddleback Church

### KEY VERSES AND QUOTES

*Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.* Romans 12:2 NLT

*Blessed is the man who always fears the Lord, but he who hardens his heart falls into trouble.* Proverbs 28:14 NLT

*If your sinful nature controls your mind, there is death. But if the Holy Spirit controls your mind, there is life and peace.* Romans 8:6 NLT

"We must accept the hard truth that our pain and suffering, even if it is not our own fault, is still our problem. No person will ever experience healing, freedom, and emotional health until they grasp this personal responsibility... It is always accompanied by grief... Grief is absolutely necessary for healing to take place." – Dwight Mason

"My thoughts control my life." – Dwight Mason

### TALK IT OVER

What is your experience with wounds that are not your fault but still your responsibility? How have you defeated anger and replaced it with grief in order to heal? "Grief is good." How is that true? God does the transformation, but I must make certain choices to enable Him to work. How can you replace the wrong thoughts with the right thoughts? What is meditation? What Scriptures have helped you and how? The Word says to take your runaway thoughts captive (2 Corinthians 10:5). How do you do that? Discuss strongholds (persistent lies we believe). What strategies are helpful for you in focusing your thoughts in the right direction?

### ACTION STEPS (This or one of your own)

I will put away my anger and progressively take responsibility with God for the wounds and results from them that are in my life. I will allow myself to grieve the losses and empty myself of anger so I can refocus my mind and be transformed. I will be personally accountable to \_\_\_\_\_ for my cooperation with God in this healing process.

My Action Step: \_\_\_\_\_

