



Stop the Drama, Get Out of Your Head

Session #1

Pat Hartman, Facilitator

Session 1

Take every thought captive to
the obedience of Christ.
2 Corinthians 10:5

How we think shapes how
we live.
Romans 12:1-2



Session 1

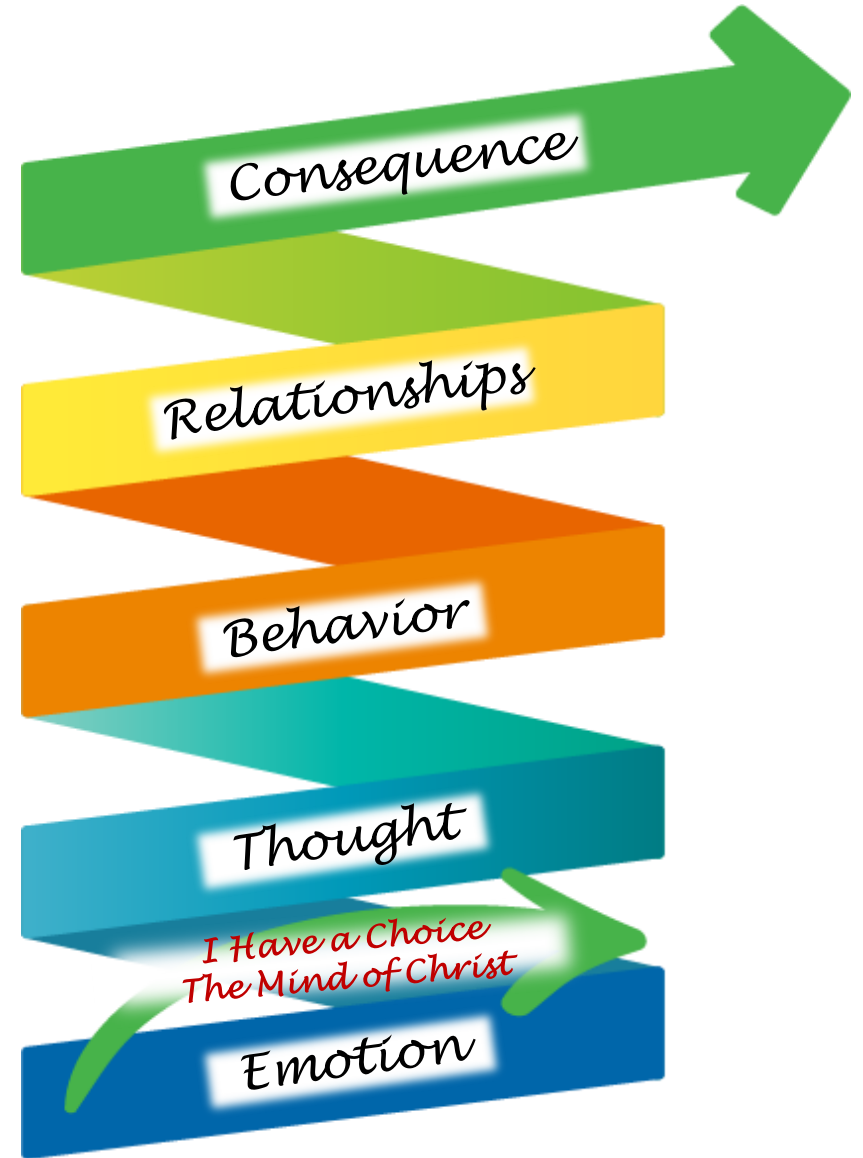
**Every lie we buy into about
ourselves is rooted in what
we believe about God.**

Jennie Allen

Session 1

**30,000 thoughts a day
during 16 waking hours
=
31 thoughts a minute**

For although we live in the flesh, we do not wage war according to the flesh, since the weapons of our warfare are not of the flesh but are powerful through God for the demolition of strongholds. We demolish arguments and every proud thing that is raised up against the knowledge of God, and **we take every thought captive to obey Christ.** And we are ready to punish any disobedience, once your obedience is complete. 2 Cor. 10: 3-6 CSB



Session 1

Create
SPACE
for GOD to
speak!

