



Stop the Drama, Get Out of Your Head

Session #2

Pat Hartman, Facilitator

Session 2

Our mission – Draw a battle line

- 1.Name the specific enemies we face
- 2.Employ the right weapons
- 3.List the lies that threaten us
- 4.Spot the signs that keeps us stuck
- 5.Fight the war against our minds
- 6.Shift our thoughts to God
- 7.Seize things like community and service
- 8.Stand victorious

LIE:

I'll feel better if I stay distracted.

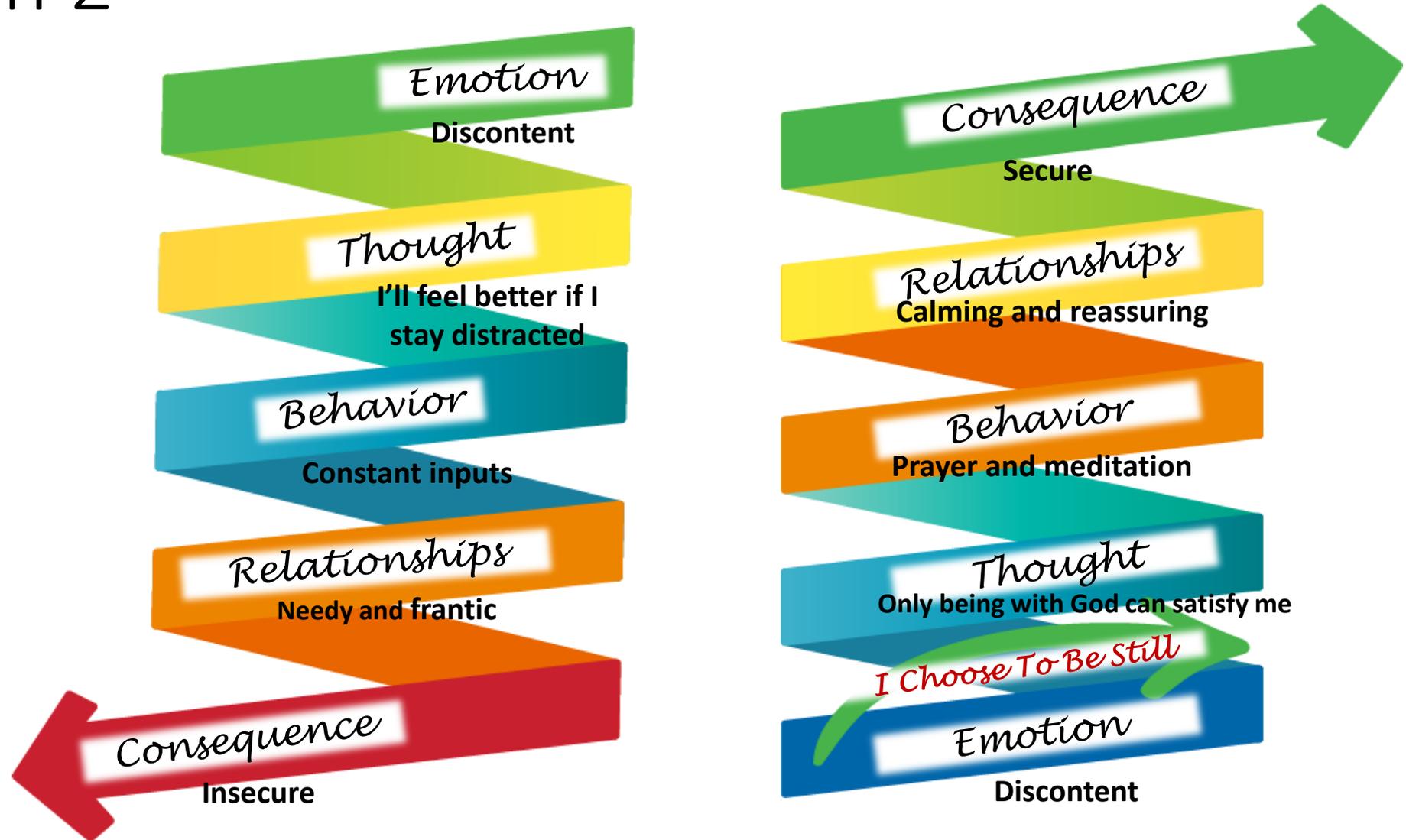
TRUTH:

Only being with God will satisfy me.

Better is one day in your court than a thousand elsewhere. Psalm 84: 10

I CHOOSE TO BE STILL WITH GOD

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Power of Focused Attention

- ✓ Your brain will be physiologically altered.
- ✓ Your imagination will be rewired.
- ✓ The brain waves present during relaxation increase, and anxiety and depression decrease.
- ✓ Your brain stays younger longer.
- ✓ You'll have fewer wandering thoughts.
- ✓ Your perspective will eventually shift.

When you're stuck in a downward spiral of distraction, what truth will you shift your thoughts to in order to combat the lie that anything can satisfy you like quieting yourself before God?

I CHOOSE TO BE STILL WITH GOD

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LIE:

I can solve my own problems.

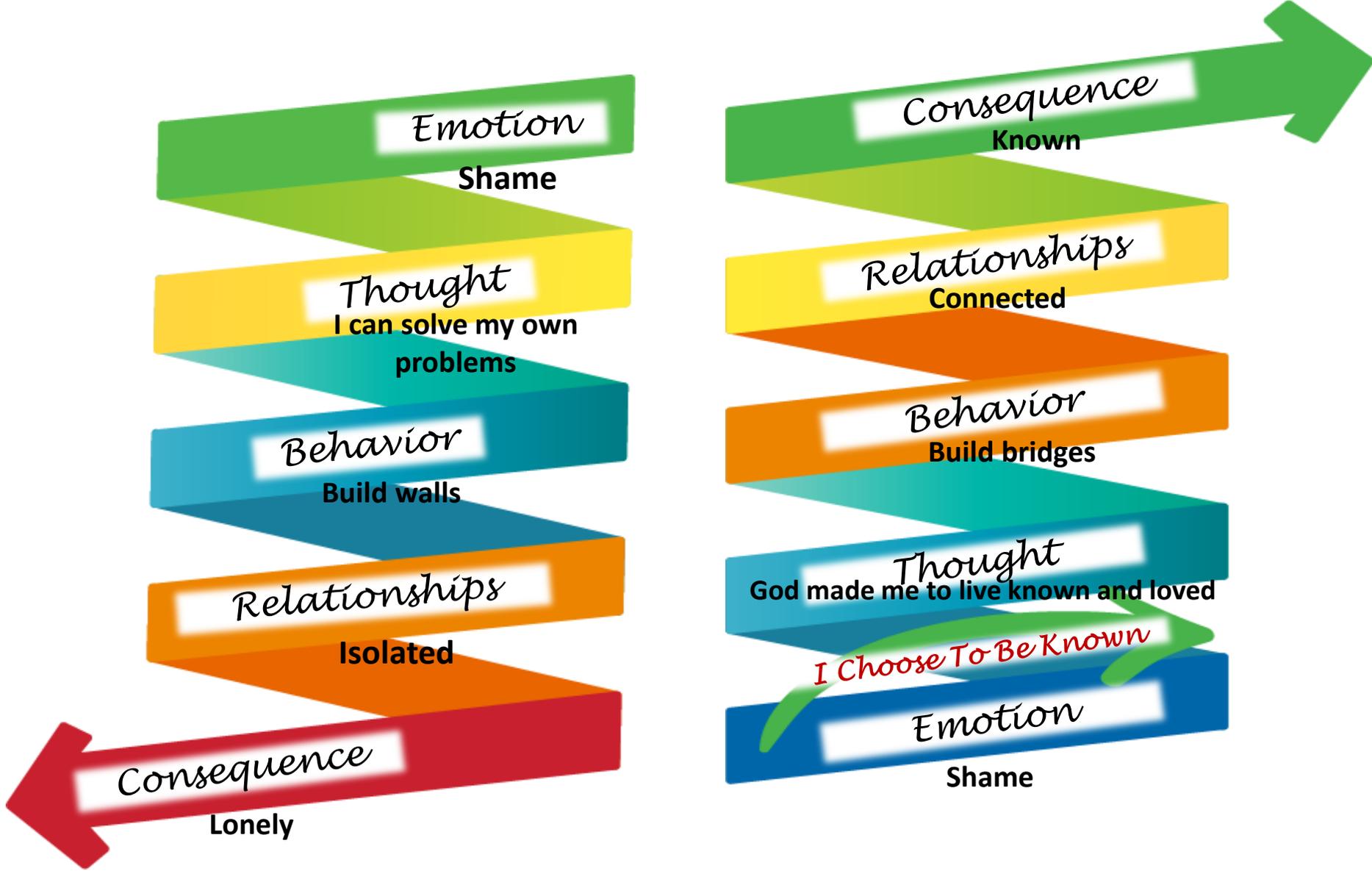
TRUTH:

God made me to live known and loved.

If we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin. 1 John 1: 7

I CHOOSE TO BE KNOWN

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LIE: I can't trust God to take care of my tomorrow.

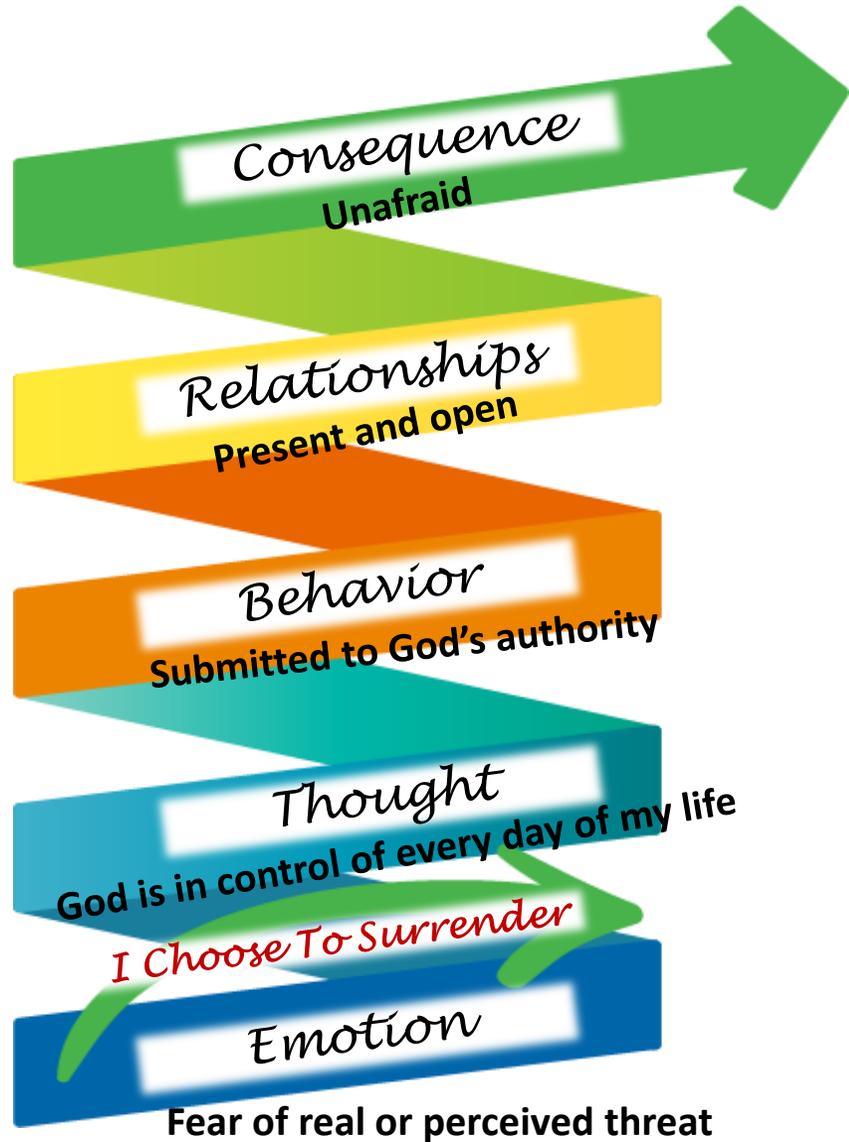
TRUTH: God is in control of every day of my life.

The very hairs on your head are all numbered. So don't be afraid; you are more valuable to God than a whole flock of sparrows. Luke 12:7

I CHOOSE TO SURRENDER MY FEARS TO GOD



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<p><i>GRAB THE THOUGHT</i> What is it?</p>	<p><i>DIAGNOSE THE THOUGHT</i> Is it true?</p>
<p><i>TAKE IT TO GOD</i> What does God say about it?</p>	<p><i>MAKE A CHOICE</i> Am I going to believe God?</p>

I CHOOSE TO SURRENDER MY FEARS TO GOD