

**MESSAGE 1: WHY YOU NEED TO THINK ABOUT WHAT YOU THINK ABOUT**  
*Parts 1-4*

**1. MY THOUGHTS \_\_\_\_\_ BUT I CAN \_\_\_\_\_**

*"Be careful what you think about because your thoughts run your life!" Proverbs 4:23 (NCV)*

*"...your life is shaped by your thoughts." (TEV)*

**2. ANY CHANGE I WANT IN MY LIFE \_\_\_\_\_**

*"Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind." Romans 12:2 (TEV)*

*"You're blessed when you get your inside world—your mind and heart—put right. THEN you can see God in the outside world." Matthew 5:8 (MSG)*

**3. I CAN CHANGE \_\_\_\_\_**

David: *"My heart is breaking, so I TURN my thoughts to God." Psalm 42:6 (TEV)*

Jonah: *"When I'd lost all hope, I TURNED my thoughts once more to the Lord." Jonah 2:7 (NLT)*

THINK --> FEEL ---> ACT

**3. EVERY BEHAVIOR IS BASED \_\_\_\_\_**

*"Think carefully about your behavior." Haggai 1:5 (NJB)*

ASK: \_\_\_\_\_

*"A foolish person will believe anything. But a wise person THINKS ABOUT what he does." Proverbs 14:15 (ICB)*

**4. ANYTIME I SIN, AT THAT MOMENT \_\_\_\_\_**

*"There are many ways that we THINK are right but they lead to death." Proverbs 14:12 (NJB)*

*"Temptation comes from the lure of our own inner desires. These evil desires lead to evil actions, and the actions lead to death." James 1:14-15 (NLT)*

**6. AN UNSEEN WAR IS GOING ON \_\_\_\_\_**

*"It seems to be a fact of life that while I want to do what is right, I inevitably do what is wrong. I want to do God's will so far as my new nature is concerned; but there's something else deep within me that is at war with my mind and wins the fight and makes me a slave to the sin inside me. In my mind I want to be God's servant, but instead I find myself still enslaved to sin." Romans 7:21-23 (LB)*

## 7. TO WIN THE BATTLE IN & FOR MY MIND, I MUST HAVE

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*“While we live in the world, we don’t fight the same way the world does. We fight with God’s weapons, not worldly ones. Our weapons have God’s power to demolish the enemy’s strong places. We can knock down all the worldly arguments and prideful defenses that set themselves up (in our minds) against the knowledge of God. In this war, we capture every rebel thought and we make it give up, and obey Christ!” 2 Corinthians 10:3-5*

*“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)*

Jesus: *“If you learn and obey my Word, you will be my disciple. Then you will know the truth, and the truth will set you free.” John 8:31-32*

## 8. MY GOAL IS TO

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*“Since Jesus went through everything you’re going through, and more, learn to think like him.” 1 Peter 4:1 (MSG)*

*“Your thoughts and attitudes must be the same as that of Christ Jesus.” Philippians 2:5*

*“We have the mind of Christ!” 1 Corinthians 2:16*

## 9. RETHINKING MY LIFE TO MATCH HOW JESUS THINKS IS CALLED

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METANOIA = TO CHANGE YOUR MIND

*“Repent -- change your mind and return back to God -- so that all your sins may be erased -- blotted out and wiped clean -- and so that times of refreshing...and recovering...and reviving...may come from the presence of the Lord!” Acts 3:19 (Amp)*

JESUS: *“I know your good deeds, your hard work, and your perseverance... But I’ve noticed this: You don’t love me as much as you used to at first. So REMEMBER what it was like before you fell away, and REPENT-- change your mind and attitude, and RETURN to doing the things you did with me at first!” Revelation 2:2, 4-5*

## MESSAGE 2: LEARNING TO THINK LIKE JESUS

Parts 1-3

Paul: "We can understand these things, because we have THE MIND OF CHRIST!"  
1 Corinthians 2:16 (NLT)

"In your lives you must think and act like Christ Jesus." Philippians 2:5 (NCV)

### 10 CHARACTERISTICS OF THINKING LIKE JESUS

(All quotes from Jesus)

#### 1. I KNOW

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Jesus: "I am: ...the Bread of Life. Jn. 6:35 . . . the Light of the world.  
Jn. 8:12 . . . the Good Shepherd Jn.10:11 . . . the Resurrection & the Life. Jn.11:25 . . . the Way, the Truth & the Life. Jn 14:6 . . . the True Vine. Jn.15:1 . . . the Son of God. Mk. 14:61-62

#### 2. I KNOW

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"...I know where I came from and where I am going." John 8:14 (NIV)

Jesus at 12: "I must be about my Father's business." Luke 2:49 (KJV)

"I must proclaim the Good News about God's kingdom, for I was sent for this purpose." Luke 4:43 (RSV)

"My purpose is to give life in all its fullness." John 10:10 (NLT)

#### 3. I'M ALWAYS AWARE

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"I am not alone because the Father is always with me." John 16:32

"Jesus OFTEN slipped away to be alone so he could pray." Luke 5:15-16 (NCV)

#### 4. I LET GOD HELP ME

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"I have not spoken on my own. Instead, the Father who sent me tells me what I should say and how I should say it."  
John 12:49 (GW)

#### 5. I DON'T WORRY ABOUT

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"I only try to please the One who sent me." John 5:30 (NCV)

"No one can serve two masters..." Luke 16:13 (NIV)

#### 6. I DEPEND ON

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"I assure you, the Son can do nothing by himself. He can only do what he sees his Father doing..." John 5:19  
(NIV)

## 7. I FORGIVE \_\_\_\_\_

“Father, forgive them, for they do not know what they are doing.” Luke 23:34 (NIV)

“Love your enemies, bless those who curse you, do good to those who hate you, and pray for those which despitefully use you or persecute you.” Matthew 5:44 (KJV)

## 8. I AM WILLING \_\_\_\_\_

“I am the good shepherd...and I lay down my life for the sheep.” John 10:14-15 (NLT)

“I CAME here not to be served but TO SERVE OTHERS, and TO GIVE my life as a ransom for many.” Mark 10:45

“This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for each other.” 1 John 3:16

## 9. I WANT TO DO \_\_\_\_\_

“I came...to do what God wants me to do, not what I want to do.” John 6:38 (NCV)

“I want the world to know that I love the Father and that is why I do everything exactly as the Father tells me to do.” John 14:31 (NCV)

“Abba, Father, everything is possible for you. Please take this cup of suffering away from me. Yet I want your will to be done, not mine.” Mark 14:36 (NLT)

“Jesus humbled himself and was fully obedient to God, even when that caused his death on a cross. So, God exalted him and raised him to the highest place, and made his name greater than every other name.” Philippians 2:8-9 (NCV)

## 10. I THINK WITH AN \_\_\_\_\_

“Jesus was willing to die a shameful death on the cross because of the joy he knew would be his afterward. Now he is seated in the place of highest honor beside God's throne in heaven.” Hebrews 12:2

### HOW CAN I LEARN TO THINK LIKE JESUS?

- STUDY \_\_\_\_\_ IN THE BIBLE

“Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it.” Hebrews 12:2 (MSG)

- ASK GOD TO SHOW ME \_\_\_\_\_ AND \_\_\_\_\_

“Open my eyes that I may see wonderful things in your Word!” Psalm 119:18

Jesus: “...the Spirit will take from what I have to say and make it known to you.” John 16:15

**MESSAGE 3: CHOOSING TO MANAGE MY MIND**  
Parts 1-2

“Do not be conformed to the pattern of this world, but let God transform you into a new person by changing the way you think.” Romans 12:2 (NLT)

**WHY I MUST MANAGE MY MIND?**

• **BECAUSE** \_\_\_\_\_

“Be careful how you think; your life is shaped by your thoughts.” Proverbs 4:23 (TEV)

• **BECAUSE** \_\_\_\_\_

“I love to do God’s will so far as my new nature is concerned; but there’s something else deep within me that is at war with my mind and wins the fight and makes me a slave to the sin within me. In my mind I want to be God’s servant, but instead I find myself still enslaved to sin.” Romans 7:22-23 (LB)

• **BECAUSE** \_\_\_\_\_

• “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)

**3 DAILY CHOICES I MUST MAKE TO MANAGE MY MIND**

**1. I MUST** \_\_\_\_\_

“People need more than bread for their life; they must feed on every WORD OF GOD.” Matthew 4:4 (NLT)

**WHEN SHOULD I FEED MY MIND WITH GOD’S TRUTH?**

\_\_\_\_\_

“I RISE EARLY...to cry out for help and to put my hope in your words.” Psalm 119:147 (NLT)

“Lord, how I love your Word. I think about it ALL DAY LONG.” Psalm 119:97

“Even in the DARKEST OF NIGHT, your teachings fill my mind.” Psalm 16:7(CEV)

“Even when wicked people hide to ambush and kill me, I quietly keep my mind on your decrees.” Psalm 119:95 (NLT)

**2. I MUST** \_\_\_\_\_

3 ENEMIES BATTLE AGAINST THE TRUTH & MY BEST INTENTIONS:

• THE 1<sup>ST</sup> ENEMY OF MY MIND: \_\_\_\_\_

“I see in my body a principle at war with the law of my mind, taking me captive to the law of sin that dwells inside me.” Romans 7:23 (NAB)

“Those who are dominated by their old sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit.” Romans 8:5 (NLT)

- **THE 2<sup>ND</sup> ENEMY OF MY MIND:** \_\_\_\_\_

Paul: “(I’ve forgiven that man) so that Satan won’t outsmart us. For we’re very familiar with his evil schemes!” 2 Corinthians 2:11

- **THE 3<sup>RD</sup> ENEMY OF MY MIND:** \_\_\_\_\_

“All that is in the world, the lust of the flesh, the lust of the eyes, and the pride of life, is not of the Father, but is of this world.” 1 John 2:16 (KJV)

#### How to Fight:

“Though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. [Our weapons] have divine power to demolish STRONGHOLDS. We demolish any argument and every pretension that sets itself up against the knowledge of God, and we TAKE CAPTIVE EVERY THOUGHT to make it OBEDIENT to Christ.” 2 Corinthians 10:3-5

A “STRONGHOLD”: \_\_\_\_\_

“I have made up my mind to obey your laws forever, no matter what.” Psalm 119:112 (CEV)

### 3.I MUST \_\_\_\_\_

\_\_\_\_\_  
“Keep your mind on Jesus Christ...” 2 Timothy 2:8 (CEV)

“Think about Jesus’ example. He held on while wicked people were doing evil things to him. So do not get tired and stop trying.” Hebrews 12:3 (NCV)

\_\_\_\_\_  
“Don’t just think about your own affairs, but be interested in others, too, and in what they are doing.” Philippians 2:4 (LB)

“Let us think about each other and help each other to show love and do good deeds.” Hebrews 10:24 (NCV)

\_\_\_\_\_  
“Let heaven fill your thoughts. Do not think only about things down here on earth.” Colossians 3:2 (NLT)

“No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him.” 1 Corinthians 2:9 (NLT)

**MESSAGE 4: RETHINKING THE PROBLEM OF SIN**  
Parts 1-3

**DEFINITION: WHAT IS IT?**

**SIN IS DEFINITION: WHAT IS IT?**

**1. SIN IS** \_\_\_\_\_

“Everything God does is good and fair; all his commands can be trusted.” Psalm 111:7 (NCV)

“It is impossible for God to do anything evil; He cannot sin or do wrong.” Job 34:10 (MSG/NLT)

**2. SIN IS** \_\_\_\_\_

Jesus: “As sin and evil increase in the world, people’s love will grow cold.”  
Matthew 24:12 (NCV)

**3. SIN IS ALWAYS** \_\_\_\_\_

“Wherever there is...selfishness, you find disorder and every kind of evil sin.” James 3:16 (NCV)

**4. SIN IS ALWAYS** \_\_\_\_\_

Jesus: “(The Holy Spirit will show) that the world’s sin is unbelief in me.” John 16:9 (LB)

**Examples: Anytime I am . . . I show my unbelief in . . .**

Fearful or Anxious	GOD’S _____
Impatient	GOD’S _____
Resentful or Bitter	GOD’S _____
Carrying Guilt	GOD’S _____
Feeling Inadequate	GOD’S _____

**WHAT’S THE PROBLEM WITH SIN?**

**1. I WAS BORN WITH** \_\_\_\_\_

“...I feel I am a slave to my sinful desires. Sin masters me. I don’t even understand the things I do. I want to do what is right, but I don’t do it! Instead I do the wrong things that I don’t want to do! ...I can’t help myself because of my sinful nature inside me... It’s a law at work in me that is at war with my mind!” Romans 7:14-15, 17, 23 (NCV)

**2. SIN BREAKS** \_\_\_\_\_

“Your sins are the roadblock between you and your God. That’s why he doesn’t answer your prayers or let you see his face.” Isaiah 59:2 (CEV)

**3. EVERYTIME I SIN,** \_\_\_\_\_

“Our evil desires make us sin, and when sin is finished with us, it leaves us dead.” James 1:15 (CEV)

**4. MY SIN MAY BE A SECRET BUT** \_\_\_\_\_

“You may be sure that your sin will find you out.” Numbers 32:23 (NIV)

## 5. SIN \_\_\_\_\_

“Don’t deceive yourself: You can’t make a fool out of God! Whatever you plant is what you’ll harvest. If you plant in the soil of your sinful nature, you’ll harvest destruction. But if you plant in the soil of your spiritual nature, you’ll harvest everlasting life!” Galatians 6:7-8 (GW)

## 6. \_\_\_\_\_

“A fool’s fun is in being bad.” Proverbs 10:2 (LB)

“Doing wrong is like a joke to a fool.” (ESV)

“Because of your stubbornness in refusing to repent and turn from your sin you are storing up terrible punishment for yourself. For there is going to come a day of judgment when God will judge all people according to what they have done. He will give eternal life to those who seek God...but for those who are self-seeking and reject the truth and practice sin, they will face God’s anger.” Romans 2:5-8 (NIV/NLT)

### HOW DO I BREAK FREE?

#### 1. UNDERSTAND \_\_\_\_\_

“Jesus personally carried away our sins in his own body on the cross, so we can be dead to sin and live for what is right.” 1 Peter 2:24 (NLT)

“Although Jesus died on the cross in weakness, he now lives by the mighty power of God. We, too, are weak, but we live in him and have God’s power.” 2 Corinthians 13:4 (NLT)

#### 2. LET GOD GIVE ME \_\_\_\_\_

“Those who have been born again into God’s family will not continue in habitual sin, because God’s life is in them now.” 1 John 3:9 (NLT)

“If you have the Spirit of God living in you, you are controlled by your new nature!” Romans 8:9 (LB)

#### 3. CHANGE THE WAY \_\_\_\_\_

“Jesus died to defeat sin once for all. Now he lives in and for God. In the same way, you should think of yourselves as dead to sin but alive to the power of God in Christ Jesus.” Romans 6:10-11

“Do not let sin control the way you live anymore or do what your sinful nature wants to do. Don’t let any part of your body become a tool of evil used for sinning. Instead, give yourselves completely to God since you have been given new life. Offer your body a tool for doing good for the glory of God.” Romans 6:12-13 (NLT)

#### 4. CHALLENGE \_\_\_\_\_ BEHIND EVERY TEMPTATION



**MESSAGE 5: HOW TO WIN OVER PERSISTENT TEMPTATIONS**  
*Parts 1-3*

**1. UNDERSTAND** \_\_\_\_\_ (Genesis 3:1-6)

- Step 1: A Wrong DESIRE inside me (James 1:14-15)
- Step 2: DOUBT God's Word – "Did God really say...not to do this?"
- Step 3: DECEPTION – "It's no big deal" I believe Satan's LIE
- Step 4: DISOBEDIENCE – I'm hooked & defeated

**2. KNOW** \_\_\_\_\_

"Do not give the devil a foothold." Ephesians 4:27

"Above all else, guard your heart, for it affects everything you do." Proverbs 4:23

Physically Exhausted	0 1 2 3 4	Energetic / In shape
Discouraged/ Pessimistic	0 1 2 3 4	Encouraged / Optimistic
Bored / Discontented	0 1 2 3 4	Challenged / Contented
Spiritually Dry /Empty	0 1 2 3 4	Spiritually growing
Lonely/ Distant	0 1 2 3 4	Feel loved / Close
Insecure / Unsure	0 1 2 3 4	Confident & Secure
Deeply wounded/ hurt	0 1 2 3 4	Understood / Valued
Holding onto Unforgiveness	0 1 2 3 4	Have Forgiven everyone
Sad or Grieving a loss	0 1 2 3 4	Feel Happy
Frustrated	<u>0 1 2 3 4</u>	Fulfilled & Productive

TOTAL:

**3. LEARN** \_\_\_\_\_

"The wise man looks ahead. A fool tries to fool himself and won't face facts." Proverbs 14:8 (LB)

- \_\_\_\_\_ AM I MOST TEMPTED?
- \_\_\_\_\_ AM I MOST TEMPTED?
- \_\_\_\_\_ IS WITH ME WHEN I'M MOST TEMPTED?
- \_\_\_\_\_ TEMPORARY BENEFIT DO I GET IF I GIVE IN?
- \_\_\_\_\_ DO I FEEL RIGHT BEFORE I'M TEMPTED?

**4. PLAN** \_\_\_\_\_

"Plan carefully what you do... Avoid evil and walk straight ahead. Don't go one step off the right way." Proverbs 4:26-27 (TEV)

## 5. CRY OUT \_\_\_\_\_

“Call to me when trouble comes and I will save you...” Psalm 50:15 (TEV)

“(Jesus) understands our weaknesses, for he faced the same temptations we do, yet he did not sin. So let us come boldly to...our gracious God. There we will receive his mercy, and grace to help us when we need it.” Hebrews 4:15-16 (NLT)

“I’ve banked your promises in the vault of my heart so that I won’t sin.” Psalm 119:11 (MSG)

## 6. REFOCUS \_\_\_\_\_

“Don’t let evil conquer you, but conquer evil with good.” Romans 12:21 (GW)

“We capture every thought...and we make it obey Christ!” 2 Corinthians 10:5 (NCV)

## 7. JOIN \_\_\_\_\_

“Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage each other all the more.” Hebrews 10:25 (TEV)

“Admit your faults to each other and pray for each other so that you may be healed.” James 5:16 (LB)

## 8. ENLIST \_\_\_\_\_

“Two are better than one, because together...if one falls down, the other can help him up. But if someone is alone and falls...there’s no one to help him.” Ecclesiastes 4:9-10 (TEV)

“By helping each other with your troubles, you truly obey the law of Christ.” Galatians 6:2 (NCV)

## 9. REMEMBER \_\_\_\_\_

“When temptations come into your life remember that they’re no different from what others commonly experience. And God is faithful. He will never let you be tempted beyond what you can bear. Also when you are tempted, he will show you a way out so that you will be able withstand it.” 1 Corinthians 10:13

*“We give thanks to God because he gives us the victory through our Lord Jesus Christ!” 1 Corinthians 15:57*

## MESSAGE 6: DEFEATING DISCOURAGEMENT

Parts 1-3

“Moses told the people what the Lord had said, but they wouldn’t listen anymore because they had become too discouraged by the increasing burden of their slavery.” Exodus 6:9 (NLT)

(David) “Why am I so discouraged? Why am I sad? I will put my hope in God!” Psalm 42:5 (NLT)

### PAUL’S 7 SECRETS OF DEFEATING DISCOURAGEMENT 2 CORINTHIANS 4:1-18

1. \_\_\_\_\_  
“God IN HIS MERCY has given us this ministry and work to do. That’s why we do not become discouraged and never give up!” 2 Corinthians 4:1

2. \_\_\_\_\_  
“We don’t try to trick anyone, and we don’t twist the word of God. Instead we teach the truth plainly, showing everyone WHO WE REALLY ARE. Then they can know in their hearts what kind of people we are in God’s sight.” 2 Corinthians 4:2 (NLT/NCV)

3. \_\_\_\_\_  
“Our message is NOT about ourselves. It is about Jesus Christ as the Lord. We are merely your servants for Jesus’ sake.” 2 Corinthians 4:5 (GW)

4. \_\_\_\_\_  
“We are like clay jars in which God’s treasure is stored. The real power comes from God and not from us.” 2 Corinthians 4:7 (CEV)

5. \_\_\_\_\_  
“We often suffer, but we are never crushed. Even when we don’t know what to do, we never give up. In times of trouble, God is with us, and when we are knocked down, we get up again.” 2 Corinthians 4:8-9 (CEV)

“All of these sufferings of ours are for your benefit. And the more of you who are won to Christ, the more there are to thank Him for his great mercy, and the more God gets glory!” 2 Corinthians 4:15 (LB)

6. \_\_\_\_\_

“THIS IS WHY WE NEVER GIVE UP! Though our bodies are dying, our spirits are being RENEWED EVERY DAY.” 2 Corinthians 4:16 (NLT)

7. \_\_\_\_\_

“Our present troubles are quite small and won’t last very long. Yet they produce in us an immeasurably great glory that will last forever! So, we don’t look at the troubles we can see right now; rather, we look forward to what we have not yet seen. For the troubles we see will soon be over, but the joys to come will last forever!” 2 Corinthians 4:17-18 (NLT)

“Let us keep our eyes fixed on Jesus, on whom our faith depends from beginning to end. He did not give up because of the cross! On the contrary, because of the joy that was waiting for him, he thought nothing of the disgrace of dying on the cross, and he is now seated at the right side of God's throne.” Hebrews 12:2 (TEV)

“Let us not get tired of doing what is right, for after a while we will reap a harvest of blessing if we don’t get discouraged and give up!” Galatians 6:9 (LB)

## MESSAGE 7: CHANGING HOW I THINK ABOUT PAIN

*Parts 1-3*

“So what do people get for all of their hard work and struggles here on earth? Their entire life is filled with pain, and their work is unbearable. Even at night their minds don’t rest. It all seems so pointless!”

Ecclesiastes 2:22-23 (GW)

“We know that IN all things God works for the good of those who love him, who have been called according to his purpose.” Romans 8:28 (NIV)

“Have you gone through all of this for nothing? Is it all really for nothing?”

Galatians 3:4 (CEV)

### 5 WAYS TO USE YOUR PAIN FOR GOOD IN YOUR LIFE

#### 1. USE PAIN \_\_\_\_\_

“We were crushed and overwhelmed...and saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us...and he did help us!”

2 Corinthians 1:8-10 (LB)

“I am glad...not because it (your troubles) hurt you but because the pain turned you to God.” 2 Corinthians 7:9 (LB)

#### 2. USE PAIN \_\_\_\_\_

“By helping each other with your troubles, you truly obey the law of Christ.” Galatians 6:2

#### 3. USE PAIN \_\_\_\_\_ (Discipleship)

“Sometimes it takes a painful experience to make us change our ways.” Proverbs 20:30 (TEV)

“So even though Jesus was God’s Son, he learned obedience from the things he suffered.” Hebrews 5:8 (NLT)

“Suffering made Jesus perfect, and now he can save forever all who obey him.” Hebrews 5:9 (CEV)

“Now, isn’t it wonderful all the ways in which this distress has goaded you closer to God? You’re more alive, more concerned, more sensitive, more reverent, more human, more passionate, more responsible. Looked at from any angle, you’ve come out of this with purity of heart.” 2 Corinthians 7:11 (MSG)

#### Paul’s Testimony of Pain:

**2 Corinthians 11:23-28 and 2 Corinthians 4:8-10**

“FOR THIS REASON we never become discouraged. Even though our physical being is gradually decaying, yet our spiritual being is renewed day after day. And these temporary troubles we suffer will bring us a tremendous and eternal glory, much greater than the trouble. For we fix our attention, not on things that are seen, but on things that

are unseen. What can be seen lasts only for a time, but what cannot be seen lasts forever.” 2 Corinthians 4:16-18 (TEV)

#### **4. USE PAIN** \_\_\_\_\_

“God comforts us in all our troubles so that we can comfort others. Then, when others are troubled, we will be able to give them the same comfort God has given us. You can be sure that the more we suffer for Christ, the more God will shower us with his comfort through Christ. So when we are weighed down with troubles, it is for your benefit and salvation! For when God comforts us, it is so that we, in turn, can be an encouragement to you. Then you can patiently endure the same things we suffer.” 2 Corinthians 1:4-6 (NLT)

#### **5. USE PAIN** \_\_\_\_\_

(Paul in Prison) “I want you to know, dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News.” Philippians 1:12 (NLT)

“In everything we do we try to show that we are true servants of God. We patiently endure suffering and hardship and trouble of every kind.” 2 Corinthians 6:4 (LB)

**MESSAGE 8: RECOVERING FROM TRAUMATIC EXPERIENCES**  
Parts 1-2

WHAT GOD SAYS ABOUT EVIL & TRAUMA

1. \_\_\_\_\_  
“Sin came into the world because of what one man did (Adam), and with sin came death.” Romans 5:12 (NCV)

2. \_\_\_\_\_  
“There will be more and more evil in the world, so most people will stop showing their love for each other.”  
Matthew 24:12 (NCV)

3. \_\_\_\_\_  
“In all their suffering, he (God) suffered too.” Isaiah 63:9

“You, Lord, keep a record of all my sorrows. You’ve collected all my tears in your bottle and list each one in your book.” Psalm 56:8 (NLT)

4. \_\_\_\_\_  
“Nothing can be hidden from God; everything in all creation is exposed to his eyes. And each of us will give an account of our lives to him.” Hebrews 4:13 (TEV)

5. \_\_\_\_\_  
“We know that in all things God works for the good of those who love him, who have been called according to his purpose.” Romans 8:28

**FIRST STEPS IN RECOVERING FROM TRAUMA**

**Be patient! Each of these steps TAKES TIME!!**

6. \_\_\_\_\_  
“God comforts us in all our troubles so that we can comfort others. Then when others are troubled, we’re able to give them the same comfort God has given us.” 2 Corinthians 1:4 (NLT)

“By helping carry each other’s troubles and burdens you are obeying the law of Christ.” Galatians 6:2

1. \_\_\_\_\_  
Paul: “We were crushed and completely overwhelmed, and WE THOUGHT we’d never live through it. WE EXPECTED to die! BUT as a result, we learned to NOT trust in ourselves, but on God...” 2 Corinthians 1:8-9 (NLT)

Jesus: “The truth will set you free.” John 8:32

- THE TRAUMA IS NOT \_\_\_\_\_
- THE TRAUMA IS NOT \_\_\_\_\_
- THE TRAUMA IS NOT \_\_\_\_\_

2. \_\_\_\_\_

“God says, ‘Don’t insist on getting even; that’s not for you to do. I’ll do the judging and I’ll take care of it.’”  
Romans 12:19 (MSG)

“Good leaders do not tolerate evil, because justice is what makes a government strong.” Proverbs 16:12 (MSG/TEV)

“Get up and pray for help all through the night. Pour out your feelings to the Lord, as you would pour water out of a jug.” Lamentations 2:19 (CEV)

3. \_\_\_\_\_

“The plans I have for you are plans to prosper you and not to harm you, plans to give you hope and a future.”  
Jeremiah 29:11

“Give your whole heart to God and hold out your hands for him to help... Then you will lift up your face without shame, and you will stand firm without fear. Then all your troubles will fade from your memory, like water under a bridge. Your life will be brighter than sunshine at noon, and life’s darkest hours will shine like the dawn. You will live secure and full of hope. God will protect you and give you rest. You won’t be afraid of your enemies. In fact many people will ask you for help!” Job 11:13-19 (NCV, NIV, TEV)

“I, the Lord God, will make up for all the years the locust ate and destroyed.” Joel 2:25