

WHY YOU NEED TO THINK ABOUT WHAT YOU THINK ABOUT

Rethinking Your Life
Rick Warren

INTRODUCING THE SERIES: 9 Pillars

1. MY THOUGHTS _____ BUT I CAN _____

"Be careful what you think, because your thoughts run your life!"

Proverbs 4:23 (NCV)

"Your life is shaped by your thoughts." Proverbs 4:23 (GNT)

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 (GNT)

"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, and so I turn my thoughts to him."*
Psalm 42:6 (GNT)

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

THINK → FEEL → ACT

4. EVERY BEHAVIOR IS BASED _____

"Think carefully about how you are living." Haggai 1:5 (NIRV)

ASK: _____

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

5. ANYTIME I SIN, AT THAT MOMENT _____

"People think they are doing right, but in the end it leads to death." Proverbs 14:12 (NCV)

"Temptation comes from our own desires . . . These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth 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 love to do God's will so far as my new nature is concerned; but there is something else deep within me, in my lower nature, that is at war with my mind and wins the fight and makes me a slave to the sin that is still within me. In my mind I want to be God's willing servant, but instead I find myself still enslaved to sin." Romans 7:21-23 (TLB)

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

"For 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. On the contrary, they have divine power to demolish strongholds. We demolish arguments 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 (NIV)

"So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace." Romans 8:6 (NLT)

Jesus: *"If you obey my teaching, you are really my disciples; you will know the truth, and the truth will set you free." John 8:31-32 (GNT)*

8. MY GOAL IS TO _____

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

"Let your attitude be identical to that of Christ Jesus." Philippians 2:5 (NCB)

"We have the mind of Christ." 1 Corinthians 2:16 (NIV)

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

METANOIA = TO CHANGE YOUR MIND

"Repent therefore, and turn back, that your sins may be blotted out, that times of refreshing may come from the presence of the Lord." Acts 3:19-20 (ESV)

Jesus: *"I know your deeds, your hard work and your perseverance . . . Yet I hold this against you: You have forsaken the love you had at first. Consider how far you have fallen! Repent and do the things you did at first."*

Revelation 2:2, 4-5 (NIV)

LEARNING TO THINK LIKE JESUS

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Paul: "We understand these things, for 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 _____

Jesus: "I am the Bread of Life." John 6:35, "The light of the world." John 8:12, "The good shepherd." John 10:11, "The resurrection and the life." John 11:25, "The way, the truth and the life." John 14:6, "The True Vine." John 15, "The Son of God." Mark 14:62

2. I KNOW _____

"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 preach the good news of the kingdom of God . . . for I was sent for this purpose." Luke 4:43 (RSV)

"My purpose is to give them a rich and satisfying life." John 10:10 (NLT)

3. I'M ALWAYS AWARE _____

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

"He slipped quietly away to deserted places for prayer." Luke 5:15-16 (NCV)

4. I LET GOD HELP ME _____

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

5. I DON'T WORRY ABOUT _____

"I 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 _____

"I tell you, the Son can do nothing by himself; he can do only 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 them that curse you, do good to them that hate you, and pray for them which spitefully use you, and persecute you."

Matthew 5:44 (KJV)

8. I AM WILLING _____

"I am the good shepherd . . . So I sacrifice my life for the sheep."

John 10:14-15 (NLT)

"Came here not to be served but to serve, and to give his life as a ransom for many." Mark 10:45 (ESV)

"This is how we know what love is: Christ gave his life for us. We too, then, ought to give our lives for others!" 1 John 3:16 (GNT)

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)

"The world must know that I love the Father, so I do exactly what the Father told me to do." John 14:31 (NCV)

"Abba, Father,' he cried, '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)

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

10. I THINK WITH AN _____

"He was willing to die a shameful death on the cross because of the joy he knew would be his afterwards; and now he sits in the place of honor by the throne of God." Hebrews 12:2 (TLB)

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 to see wonderful truths in your instructions."
Psalm 119:18 (NLT)

Jesus: *"The Spirit will receive from me what he will make known to you."*
John 16:15 (NIV)

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CHOOSING TO MANAGE MY MIND

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"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." 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 (GNT)
- **BECAUSE** _____
"I love to do God's will so far as my new nature is concerned; but there's something else deep within me, in my lower nature, that is at war with my mind and wins the fight and makes me a slave to the sin that is still within me. In my mind I want to be God's willing servant, but instead I find myself still enslaved to sin."
Romans 7:22-23 (TLB)
- **BECAUSE** _____
"Your sinful nature control your mind leads to death. But letting the Holy Spirit control your mind leads to life and peace." Romans 8:6 (NLT)

3 DAILY CHOICES I MUST MAKE TO MANAGE MY MIND

1. **I MUST** _____
"People do not live by alone, but by every word that comes from the mouth of God."
Matthew 4:4 (NLT)

WHEN SHOULD I FEED MY MIND WITH GOD'S TRUTH?

- _____
"I rise early . . . cry out for help and put my hope in your words."
Psalm 119:147 (NLT)
- _____
"How I love your law! I think about it all day long." Psalm 119:97 (GNT)
- _____
"Even in the darkest night, your teachings fill my mind." Psalm 16:7 (CEV)
- _____
"The wicked hide along the way to kill me, I will quietly keep my mind on your laws." Psalm 119:95 (NLT)

2. **I MUST** _____
3 ENEMIES BATTLE AGAINST THE TRUTH & MY BEST INTENTIONS:

- **THE 1ST ENEMY OF MY MIND:** _____
"I see a different law in the parts of my body waging war against the law of my mind, and making me a prisoner of the law of sin, the law which is in my body's parts." Romans 7:23 (NASB)

"Those who are dominated by the 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 2ND ENEMY OF MY MIND:** _____
Paul: *"I forgive him . . . so that Satan won't outsmart us. For we are familiar with his evil schemes."* 2 Corinthians 2:11 (NLT)
- **THE 3RD 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 the 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. On the contrary, they have divine power to demolish strongholds. We demolish arguments 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 (NIV)

- **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 (TLB)
- _____
"Let us think about each other and help each other to show love and do good deeds." Hebrews 10:24 (NCV)
- _____
"The things of heaven, not the things of 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)

RETHINKING THE PROBLEM OF SIN

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DEFINITION: WHAT IS IT?

- SIN IS** _____
"Everything he does is good and fair; all his orders can be trusted."
 Psalm 111:7 (NCV)
"It's impossible for God to do anything evil; no way can the Mighty One do wrong."
 Job 34:10 (MSG)
- SIN IS** _____
 Jesus: *"Sin will be rampant everywhere, and the love of many will grow cold."*
 Matthew 24:12 (NLT)
- SIN IS ALWAYS** _____
"Wherever jealousy and selfishness are, there will be confusion and every kind of evil." James 3:16 (NCV)

- SIN IS ALWAYS** _____
 Jesus: *"The world's sin is unbelief in me."* John 16:9 (TLB)
- | | |
|-------------------------------------|------------------------------------|
| 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?

- I WAS BORN WITH** _____
"Sin rules me as if I were its slave. I do not understand the things I do. I do not do what I want to do, and I do the things I hate . . . I am not really the one who is doing these hated things; it is sin living in me . . . I see another law working in my body, which makes war against the law that my mind accepts."
 Romans 7:14-15, 17, 23 (NCV)

- 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)

- EVERYTIME I SIN,** _____
"Our desires make us sin, and when sin is finished with us, it leaves us dead."
 James 1:15 (CEV)

- MY SIN MAY BE A SECRET BUT** _____
"You may be sure that your sin will find you out." Numbers 32:23 (NIV)

- SIN** _____
"Make no mistake about this: You can never make a fool out of God. Whatever you plant is what you'll harvest. If you plant in the soil of your corrupt nature, you will harvest destruction. But if you plant in the soil of your spiritual nature, you will harvest everlasting life." Galatians 6:7-8 (GW)

- _____
- "A fool's fun is in being bad."* Proverbs 10:23 (TLB)

"Doing wrong is like a joke to a fool." Proverbs 10:23 (ESV)

"Because of your stubborn and refuse to turn from your sin, you are storing up terrible punishment for yourself. For a day of anger is coming, when God's righteous judgment will be revealed. For a day of anger is coming, when God's righteous judgment will be revealed. He will judge everyone according to what they have done. He will give eternal life to those who keep on doing good, seeking after the glory and honor and immortality that God offers. But he will pour out his anger and wrath on those who live for themselves, who refuse to obey the truth and instead live lives of wickedness." Romans 2:5-8 (NLT)

HOW DO I BREAK FREE?

- UNDERSTAND** _____
"He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right." 1 Peter 2:24 (NLT)

"Although he was crucified in weakness, he now lives by the power of God. We, too, are weak, just as Christ was, but when we deal with you we will be alive with him and will have God's power." 2 Corinthians 13:4 (NLT)

- LET GOD GIVE ME** _____
"Those who have been born into God's family do not make a practice of sinning, because God's life is them." 1 John 3:9 (NLT)

"You are controlled by your new nature if you have the Spirit of God living in you."

3. CHANGE THE WAY _____

“Yes, when Christ died, he died to defeat the power of sin one time—enough for all time. He now has a new life, and his new life is with God. In the same way, you should see yourselves as being dead to the power of sin and alive with God through Christ Jesus.” Romans 6:10-11 (NCV)

“Do not let sin control the way you live; do not give in to sinful desires. Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God.”

Romans 6:12-13 (NLT)

4. CHALLENGE _____ BEHIND EVERY TEMPTATION

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HOW TO WIN OVER PERSISTENT TEMPTATIONS

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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 (NIV)

"Above all else, guard your heart, for everything you do flows from it."
 Proverbs 4:23 (NIV)

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	0 1 2 3 4	Fulfilled & Productive

TOTAL:

3. LEARN _____

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

- **WHEN** AM I MOST TEMPTED?
- **WHERE** AM I MOST TEMPTED?
- **WHO** IS WITH ME WHEN I'M MOST TEMPTED?
- **WHAT** TEMPORARY BENEFIT DO I GET IF I GIVE IN?
- **HOW** 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 (GNT)

5. **CRY OUT** _____
 "Call to me when trouble comes; I will save you." Psalm 50:15 (GNT)

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

"I've banked your promises in the vault of my heart so 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 make it give up and 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 one another all the more." Hebrews 10:25 (GNT)

"Admit your faults to one other and pray for each other so that you may be healed." James 5:16 (TLB)

8. **ENLIST** _____
 "Two are better than one, because together . . . if one of them falls down, the other can help him up. But if someone is alone and falls . . . there is no one to help him." Ecclesiastes 4:9-10 (GNT)

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

9. **REMEMBER** _____
 "The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure. 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 (NLT)

"Thank God that he gives us the victory through our Lord Jesus Christ."
 1 Corinthians 15:57 (GW)

DEFEATING DISCOURAGEMENT

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"Moses told the people of Israel what the Lord had said, but they refused to listen anymore. They had become too discouraged by the brutality of their slavery."

Exodus 6:9 (NLT)

(David) "Why am I so discouraged? Why is my heart so 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 new way, we never give up."
2 Corinthians 4:1 (NLT)

2. "We use no trickery, and we do not change the teaching of God. We teach the truth plainly, showing everyone who we are. Then they can know in their hearts what kind of people we are in God's sight." 2 Corinthians 4:2 (NCV)

3. "Our message is not about ourselves. It is about Jesus Christ as the Lord. We are your servants for his sake." 2 Corinthians 4:5 (GW)

4. "We are like clay jars in which this 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)

"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 kindness, and the more the Lord is glorified." 2 Corinthians 4:15 (TLB)

6. "That 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 small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see 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 (GNT)

"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 (TLB)

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CHANGING HOW I THINK ABOUT PAIN

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"What do people get from all of their hard work and struggles under the sun? Their entire life is filled with pain, and their work is unbearable. Even at night their minds don't rest. Even this is 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 (TLB)

"I am glad . . . not because it hurt you but because the pain turned you to God." 2 Corinthians 7:9 (TLB)

2. USE PAIN _____

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

3. USE PAIN _____ (Discipleship)

"Sometimes it takes a painful experience to make us change our ways." Proverbs 20:30 (GNT)

"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 this small and temporary trouble 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 (GNT)

4. USE PAIN _____

"He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. For the more we suffer for Christ, the more God will shower us with his comfort through Christ. Even when we are weighed down with troubles, it is for your comfort and salvation! For when we ourselves are comforted, we will certainly comfort 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 ministers of God. We patiently endure suffering and hardship and trouble of every kind." 2 Corinthians 6:4 (TLB)

Homework: Don't waste your pain!

1. Get alone and write down the 4 **most painful** moments in your life.
2. Write down names of people **going through these pains now**.
3. Invite these people to listen to the next message:

Recovering From Traumatic Experiences

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RECOVERING FROM TRAUMATIC EXPERIENCES

Rethinking Your Life
Rick Warren

WHAT GOD SAYS ABOUT EVIL & TRAUMA

1. _____
"Sin came into the world because of what one man did, 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 suffered." Isaiah 63:9 (CSB)

"You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book." Psalm 56:8 (NLT)

4. _____
"Nothing that can be hid from God; everything in all creation is exposed and lies open before his eyes. And it is to him that we must all give an account of ourselves." Hebrews 4:13 (GNT)

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 (NIV)

FIRST STEPS IN RECOVERING FROM TRAUMA

Be patient! Each of these steps takes time!

1. _____
"He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us."
2 Corinthians 1:4 (NLT)

"Share each other's troubles and problems, and so obey our Lord's command."
Galatians 6:2 (TLB)

2. _____
Paul: "We were crushed and completely overwhelmed beyond our ability to endure, and we thought we would never live through it. In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead." 2 Corinthians 1:8-9 (NLT)

Jesus: "The truth will set you free." John 8:32 (NLT)

- THE TRAUMA IS NOT _____
- THE TRAUMA IS NOT _____
- THE TRAUMA IS NOT _____

3. _____
"Don't insist on getting even; that's not for you to do. 'I'll do the judging,' says God. 'I'll take care of it.'" Romans 12:19 (MSG)

"Kings cannot tolerate evil, because justice is what makes a government strong."
Proverbs 16:12 (GNT)

"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)

4. _____
"The plans I have for you, plans to bring you prosperity and not disaster, plans to bring about the future you hope for." Jeremiah 29:11 (GNT)

"You must give your whole heart to him and hold out your hands to him for help . . . Then you can lift up your face without shame, and you can stand strong without fear. You will forget your trouble and remember it only as water gone by. Your life will be as bright as the noonday sun, and darkness will seem like morning. You will feel safe because there is hope; you will look around and rest in safety. You will lie down, and no one will scare you. Many people will want favors from you."
Job 11:13-19 (NCV)

"I, the Lord your God, will make up for the losses caused by those swarms and swarms of locusts." Joel 2:25 (CEV)

Next Step

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