



Defeat Your Negative Thoughts

NOVEMBER 7, 2021

2 Corinthians 10:3–5 (GW)

Cognitive bias: _____ in reasoning based on personal experiences or preferences.

Reframing: Creating a _____ way of looking at a situation or relationship by changing its meaning.

- You can't control what _____ to you.
- But you can _____ how you frame it!
- Philippians 1:12–14

Reframing your story and relationships

- 1) Thank God for what _____ happen.
- 2) Practice _____-framing
- 3) Look for _____ goodness

Let Jesus help you _____.

- Worst year ever?
- Reframe it!
- Romans 8:28
- Reject _____ default frames
- Don't interpret God through _____ but interpret circumstances through _____.