

### **STRAIGHT TALK – PART 1: SELF-TALK** **SUNDAY, MAY 17, 2020**

*What we think and believe matters – and one of the reasons is because what we think and believe connect directly to the messages we communicate to ourselves. When our inner dialogue is continually negative, it can us back and push us down. But when we discover straight talk about how God sees us and intends us to live, life can be better and we can be better at life.*

#### **READ 2 CORINTHIANS 10:3-5**

- Why is it so easy to lean into telling ourselves negative rather than positive messages?
- When our self-talk is full of negative messages, what type of approach to life do we tend to adopt?
- Do you tend to tell yourself more negative or positive messages? How do the messages you tell yourself impact how you approach life?
- What does it mean that we all have being human in common?
- What kind of common experiences do all humans have by living in the same world?
- What are some of the different ways people approach the tensions and stresses of life (important that not everyone approaches the same world the same way)?
- How would you describe the difference between worldly weapons and Godly weapons? Which do you tend to leverage in how you approach life?
- What do you think it means to take your thoughts captive? How does that help reframe the messages we tell ourselves?
- What do you think it means to make our thoughts obedient to Christ? How does that help reframe the messages we tell ourselves?
- What next step will you take to align the messages you tell yourself to the messages God wants you to know?