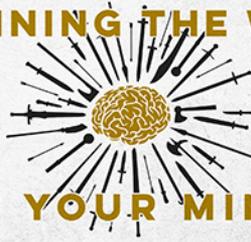


# WINNING THE WAR



# IN YOUR MIND

06/20/2021 "Defeat Negativity"

1. Do you consider yourself an optimist, pessimist or realist? How would others describe you?
2. If you were in a crisis, which would you rather have at your side—optimist, pessimist or realist? What difference could it make?
3. Which part of the message was most impactful for you and why?
4. Read Philippians 1:12-21. What was the background of Paul's letter to the Philippians? (For more details check out: [bit.ly/Philintro](https://bit.ly/Philintro), or search "Bible Project Philippians")
5. Why was Paul's perspective and continued effort so important, despite his circumstances?
6. What does Paul rejoice in? What was the impact of Paul's ability to rejoice?
7. Can you think of a moment or situation where you were able to refocus your negative thoughts? What helped?
8. How could your life impact others if you were better able to focus on the good work that God might do through your situation?
9. This series has talked about identifying the lies we believe and replacing them with the truth. How do you go about identifying the truth?
10. Is it harder to identify an applicable truth in the books of the Bible or is it harder to personalize and believe the truth?
11. What is the stronghold, the lie, that you have believed that is holding you back and what is the truth that demolishes that strong hold?