THINK DIFFERENTLY

NOTHING IS DIFFERENT UNTIL YOU THINK DIFFERENTLY

BIBLE STUDY

JAMES MACDONALD

Viewer Guides with Answers

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Why is it so hard to change my thinking?

Because my battles are not primarily _physical_ (v. 3).

There are at least five major mental battles:

1. _Behavioral_
2. _Relational_
3. _Financial_
4. _Ideological_
5. _Moral_

Because my weapons are not readily _accessible_ (v. 4).

Our immediate tendency is to rely on _flesh_ weapons.

The weapons God provides for us have the following qualities:

They are _divine_.
They are _powerful_.
They _destroy_ strongholds.

Because my _strongholds_ are not easily _destroyable_ (v. 5).

My old _arguments_ made sense.
My old _opinions_ felt good.
My old _mind_ is opposed to _God_.
My old _pattern_ comes naturally.

Because my engagement must be _personal_ (v. 6).
Nothing is different until we think differently.

Strongholds are fortified patterns of thinking that are stubbornly resistant to God’s Word and God’s will for us.

The three main sources of our strongholds are:

our disposition,
our home of origin,
and our history and habits.

Everyone is born with a disposition given to you by God.

Disposition is the natural mental outlook, your predominant tendency or leaning, your prevailing point of view.

Disposition dictates my thinking pattern.

Disposition affects:

my pace-thinking,
my people-thinking,
my passion-thinking,
all of my thinking.

4 DISPOSITIONS

<table>
<thead>
<tr>
<th>DISPOSITION</th>
<th>MAIN FOCUS</th>
<th>NEEDS</th>
<th>DOWNSIDE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choleric</td>
<td>Driver</td>
<td>Win</td>
<td>Aggressive</td>
</tr>
<tr>
<td>Sanguine</td>
<td>Expressive</td>
<td>Fun</td>
<td>Impulsive</td>
</tr>
<tr>
<td>Phlegmatic</td>
<td>Amiable</td>
<td>Safe</td>
<td>Passive</td>
</tr>
<tr>
<td>Melancholy</td>
<td>Analytic</td>
<td>Precision</td>
<td>Negative</td>
</tr>
</tbody>
</table>
4 DISPOSITIONS

<table>
<thead>
<tr>
<th>DISPOSITION</th>
<th>TIME</th>
<th>AUTHORITY</th>
<th>PEOPLE PROBLEM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choleric</td>
<td>Now</td>
<td>Rulers rule</td>
<td>Means to an end</td>
</tr>
<tr>
<td>Sanguine</td>
<td>Late</td>
<td>Majority rule</td>
<td>People pleaser</td>
</tr>
<tr>
<td>Phlegmatic</td>
<td>Tomorrow</td>
<td>Order rules</td>
<td>Not worth effort</td>
</tr>
<tr>
<td>Melancholy</td>
<td>Punctual</td>
<td>Rules rule</td>
<td>Beyond help</td>
</tr>
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DISCUSS THE DVD SEGMENT WITH YOUR GROUP, USING THE QUESTIONS BELOW.

Which of the dispositions seems most like you? Since it’s likely that you are primarily a combination of two of the classic dispositions, what’s your runner-up disposition?

It’s often easier to see the dispositions of others than to recognize our own. Discuss as a group who among you might fit each of the four categories: Choleric, Sanguine, Phlegmatic, and Melancholic.

How would you explain the difference between a personality strength and a stronghold?

In what ways do you think your disposition has shaped your faith and how you participate in your relationship with God?

Application: Seek to recognize at least one disposition stronghold you’ve developed. Take a few minutes with the group to pray with each other asking for God’s help in learning to think differently during these weeks.

This week’s Scripture memory.

*We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.* 2 Corinthians 10:5

Assignment: Complete the daily lessons for this week in preparation for the next group experience. Make a note of additional questions or thoughts related to this week’s teaching that you can share with other group members. Pray for each member of your group by name, asking God to help them think differently.
There are no **consequences** for generational sins, but there are **inclinations**.

Some of the most obvious generational strongholds:

1. **Substance** abuse
2. **Materialism**
3. **Gluttony**
4. **Lust**
5. **Selfishness**

Exposing the bad decisions battles:

1. Where to **live**—family vs. favorable?
2. Who to **marry**—attraction vs. character?
3. **Peer** group—easy vs. beneficial friendships?
4. **Leisure** time—me vs. others?
5. Life **priorities**—self vs. God?
WATCH

COMPLETE THE VIEWER GUIDE BELOW AS YOU WATCH DVD SESSION 4.

Mind in Scripture can mean everything from ______determination____ to ______memory____.

The problem is that we can’t change our ______minds____—can’t ______think____ differently—and can’t destroy these strongholds until we know what they are.

Family of origin strongholds from last week:
1. ______Generational____ ______sin____ strongholds
2. ______Conflict____ ______resolution____ strongholds
3. Bad ______decision____ - ______making____ strongholds

Two more this week:
4. ______Selfish____ ______deceptive____ strongholds
5. ______Money____ matters most strongholds

As James describes the strongholds, add notes in the margins about how what he says relates to your particular temperament and strongholds.
Double-mindedness is wanting two things that can’t **coexist**.

There are **double**-minded people.

Double-mindedness creates **instability**.

Double-mindedness affects **everything**.

You have to **want** to think differently.

Life is **10** percent what happens to you and **90** percent on how you choose to deal with/think about it.

Hope is the **confident** expectation of something **better** tomorrow.

Three reasons we stop hoping:

1. It’s a **hassle** to hope.
2. It’s **hard**.
3. It **hurts** to hope.

You have to take **action** that **reinforces** your desire.
The most powerful driving force behind the strongholds that trip us up and take us down is our own behavior.

Strongholds show up when we reap what we have sown.

One of the surest signs of a stronghold is seeing yourself in the sins of others.

The Stronghold Rule: Others will do to you as you have done to others.

Strongholds blow up through our own decisions.

Do any of the common 12 strongholds sound familiar? Check any that apply.

- □ Anger
- □ Covetous
- □ Control
- □ Individualism
- □ False Guilt
- □ Rebellion
- □ Pride
- □ Idolatry
- □ Fear
- □ Unbelief
- □ Skepticism
- □ Escapism

Jacob didn’t have to keep bargaining with God.

Jacob didn’t have to keep neglecting his family.

Jacob didn’t have to keep deceiving.

Jacob didn’t have to keep avoiding conflict.

Strongholds grow up in the behavior of loved ones.

If nothing else scares us into destroying the strongholds in our lives, seeing them in our loved ones should.
Strongholds start to crumble when the consequences reach a **crisis** point.

Eventually you get to the place in your life where God lets you feel the **full** weight of the choices that you have been making.

Five Strongest Strongholds:

1. Self- **righteousness**
2. Self- **deception**
3. Self- **loathing**
4. Self- **centeredness**
5. Self- **confidence**

Strongholds start to crumble when you finally get **time** alone.

When we get alone:

1. **Demands** cease.
2. **Distraction** ends.
3. **Quiet** invades.
4. **Reflection** starts.
5. **God** speaks.

Strongholds start to crumble when God **contends** with you.

Strongholds start to crumble when God **prevails** over you physically.

Strongholds start to crumble when God **marks** you forever spiritually.
Some things we __cannot__ think differently about; some things we __must__ think differently about.

Strongholds: Those __fortified__ patterns of thinking that are stubbornly resistant to God’s __Word__ and God’s __will__ for us.

I’m not what I __could__ be; I’m not what I __should__ be, but I’m not what I __was__.

The most frequently used word in the Old and New Testament for this matter of changing your thinking and changing your mind is the Greek word _metanoia_, which means __repentance__.

Repentance is not a place we __visit__; repentance is where we __live__.

Repentance brings __cleansing__.

Repentance is a really __good__ thing.

Only __God__ can bring you to the place of genuine repentance.

Repentance: A __recognition__ of sin, followed by __heartfelt__ sorrow, culminating in a change of __behavior__.

Five Marks of Genuine Repentance:
1. __Grief__ over sin
2. __Repulsion__ toward sin
3. __Restitution__ toward others
4. __Revival__ toward God
5. A __future__ focus
Broken strongholds will battle to be __built__.  

When you fail in the __process__ of thinking differently, you must return to the __crisis__ of stronghold repentance.  

When you fall back, do these four things:  

1. __Remove__ stronghold supports from your life.  
   
   Three Crucial Questions:  
   a) Where did I go __wrong__?  
   b) What __tripped__ me up?  
   c) What needs to be __removed__?  

2. __Reconcile__ your view of God with reality.  

   Six Faulty Views of God:  
   a) God is a __killjoy__.  
   b) God is a __prison__ __warden__.  
   c) God is a __cranky__ boss.  
   d) God is an __absent__ father.  
   e) God is a __moody__ grandpa.  
   f) God is a __scorekeeper__.  

3. __Raise__ reminders to think differently.  

4. __Review__ your identity and calling in God.
Think differently or live to regret it.

Regret is when the verdict lands with finality: “I have no one to blame, but myself.”

Real relief is turning upward to God, outward toward others, and not inward to self.

Express faith that confessed weakness leads to blessing.

Faith is believing in the Word of God, acting upon it, no matter how I feel, because God promises a good result.

Jacob always bore the scars of the strongholds he stubbornly maintained.

Thinking differently means renewing your mind (Eph. 4:17-24; Rom. 12:1-2).

How to renew your mind:

1. Protect your mind.
2. Wash your mind.

Deepen your commitment to God’s Word:

• Discipline
• Desire
• Delight

3. Set your mind.