

THINK DIFFERENTLY

NOTHING IS DIFFERENT UNTIL
YOU THINK DIFFERENTLY

BIBLE STUDY

JAMES MACDONALD

Viewer Guides with Answers

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WATCH

COMPLETE THE VIEWER GUIDE BELOW AS YOU WATCH DVD SESSION 1.

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).

WATCH

COMPLETE THE VIEWER GUIDE BELOW AS YOU WATCH DVD SESSION 2.

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

DISPOSITION	MAIN FOCUS	NEEDS	DOWNSIDE
Choleric	Driver	Win	Aggressive
Sanguine	Expressive	Fun	Impulsive
Phlegmatic	Amiable	Safe	Passive
Melancholy	Analytic	Precision	Negative

4 DISPOSITIONS

DISPOSITION	TIME	AUTHORITY	PEOPLE PROBLEM
Choleric	Now	Rulers rule	Means to an end
Sanguine	Late	Majority rule	People pleaser
Phlegmatic	Tomorrow	Order rules	Not worth effort
Melancholy	Punctual	Rules rule	Beyond help

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.

WATCH

COMPLETE THE VIEWER GUIDE BELOW AS YOU WATCH DVD SESSION 3.

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.

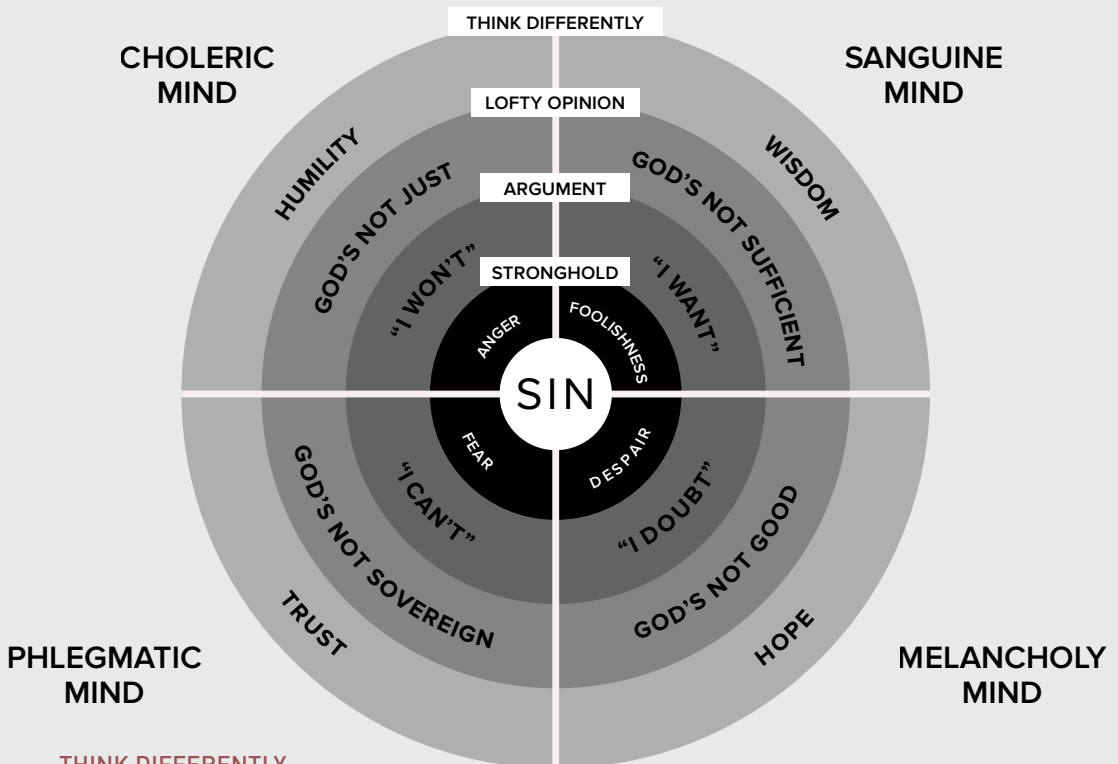
Family of origin strongholds from last week:

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.



WATCH

COMPLETE THE VIEWER GUIDE BELOW AS YOU WATCH DVD SESSION 5.

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.

WATCH

COMPLETE THE VIEWER GUIDE BELOW AS YOU WATCH DVD SESSION 6.

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.

- | | | |
|---|---|--|
| <input type="checkbox"/> Anger | <input type="checkbox"/> False Guilt | <input type="checkbox"/> Fear |
| <input type="checkbox"/> Covetous | <input type="checkbox"/> Rebellion | <input type="checkbox"/> Unbelief |
| <input type="checkbox"/> Control | <input type="checkbox"/> Pride | <input type="checkbox"/> Skepticism |
| <input type="checkbox"/> Individualism | <input type="checkbox"/> Idolatry | <input type="checkbox"/> 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.

WATCH

COMPLETE THE VIEWER GUIDE BELOW AS YOU WATCH DVD SESSION 7.

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.

WATCH

COMPLETE THE VIEWER GUIDE BELOW AS YOU WATCH DVD SESSION 8.

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

WATCH

COMPLETE THE VIEWER GUIDE BELOW AS YOU WATCH DVD SESSION 9.

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.

WATCH

COMPLETE THE VIEWER GUIDE BELOW AS YOU WATCH DVD SESSION 10.

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.