



YOU SAY YOU WANT NEW YEARS REVOLUTION

NEW DECISIONS / NEW DIRECTION

Resolution: A decision to do or not do something.

It's based on our will power... & personal strength... internal strength

Revolution: To forcibly/intentionally overthrow the authority that controls our lives.

- The leadership of our life establishes the **thoughts** of our life. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think... Romans 12:2 (NLT)

- Thoughts are **seeds** we allow to grow and become the timbers we **build** our lives on.

Be careful how you think; your life is shaped by your thoughts. Proverbs 4:23 (GNT)

When we experience a revolution in our lives:

- We guard against **anxious** thoughts in our life.
- We guard against **destructive** thoughts in our life.

Different types of destructive thoughts:

- Thoughts that **tempt** me.

Definition of Temptation:

An enticement to do something that compromises or leads us away from what is good.

Temptation is anything that promises satisfaction at the cost of obedience to God.

Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death. James 1:14-15 (NLT)

The lie of temptation is:

What tempts me is **better** than what God wants for me.

- Thoughts that **belittle** me.

The lie of degrading myself is:

- God's **love & grace** to me is not enough for me.

For you are God's masterpiece. He has created you anew in Christ Jesus, so you can do the good things he planned for you long ago. Ephesians 2:10 (NLT)

How precious are your thoughts about me, O God. They cannot be numbered! Psalm 139:17 (NLT)

- Thoughts about **God** that **deceive** me.

The thoughts we nurture about God become the truths we use to **define** God.

The lie of deception is:

- God and His word cannot be **trusted**.

God is not man, that he should lie, or a son of man, that he should change his mind. Has he said, and will he not do it? Or has he spoken, and will he not fulfill it? Numbers 23:19

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. 2 Corinthians 10:3-5

A stronghold is a wrong **thought** pattern or a lie that we have believed as the **truth**.

Dealing with strongholds:

- Identify the biggest **stronghold** holding you back.

You can't **defeat** what you can't **define**.

Look deep into my heart, God, and find out everything I am thinking. Don't let me follow evil ways, but lead me in the way that time has proven true. Psalm 139:23-24

- Identify the **truth** that demolishes that stronghold.

You will know the truth, and the truth will set you free. John 8:32



TO CREATIVELY LOVE AND LEAD PEOPLE IN A GROWING RELATIONSHIP WITH JESUS.

Questions that can be used in Connection Groups:

These questions also work well for personal time with God.

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain why?
- How does God establish the thoughts of our life?
- In your own words describe what this means: Thoughts are the seeds that grow and become the substance that we build our lives on.
- How are negative thoughts destructive in our spiritual life? Talk about the different destructive thought patterns listed. Is there one of these that you deal with most? Can you think of other destructive thought patterns we practice? (Like, negative thoughts about others, etc.)
- Talk about the lies that these destructive thoughts represent.
- Is there a specific stronghold that is holding you back from the life God has for you?
- How do we demolish these strongholds?
- What scripture demolishes the stronghold you are dealing with?

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fresnoquest.com

Get connected! Try out a Connection Group.



Information available in the courtyard.

DESTROYING STRONGHOLDS:

- When we feel we can't do what God is asking- or we're not spiritually strong enough...or I can't overcome this addiction
I can do all things through Christ who gives me strength. Philippians 4:13

- When I feel alone - God has left me...
Never will I leave you; never will I forsake you." Hebrews 13:5

- When the fear in me is greater than the faith in me...
Greater is He that is in me than He that is in the world. 1 John 4:4

- When I'm Anxious or worrying
I cast all of my cares on Him because He cares for me. 1 Peter 5:7

- When I'm sad - of I feel spiritually weak...
The joy of the Lord is my strength. Nehemiah 8:10

- When someone I love passes away.
we want you to know what will happen to the believers who have died so you will not grieve like people who have no hope. For since we believe that Jesus died and was raised to life again, we also believe that when Jesus returns, God will bring back with him the believers who have died. 1 Thessalonians 4:13-14

- When I don't think I'll have enough for my needs.
And my God will meet all your needs according to the riches of his glory in Christ Jesus. Philippians 4:19
I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread. Psalm 37:25.

- When I'm freakin out and I need peace.
You will keep in perfect peace all who trust in you, all who's thoughts are fixed on you. Isaiah 26:3

- When I don't know what to do, I need guidance and direction.
You will hear a voice behind you saying, "This is the way. Follow it, whether it turns to the right or to the left." Isaiah 21:3

- When I'm wondering if God hears my prayers.
Behold, the LORD'S hand is not so short that it cannot save; nor is His ear so dull that it cannot hear. Isaiah 59:1



Today's Talk..



Dealing with Destructive Thoughts