

**Ron Armstrong • May 4 & 5, 2019**  
**Flip the Script: You Have the Advantage**

**Brief review:**

- a. We decided that our superpower is our ability to make choices.
- b. There are 5 components that together cause a feeling of “well-being.”
- c. Our series goal is to change destructive reactions and behaviors that wound our future and relationships.

**Romans 12:1** Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. **2** Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

**Philippians 3:13** Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, **14** I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

**A. You have the multiple perspective advantage.**

1. You are able to stand outside yourself and:
  - a. Observe your own thinking and feelings.
  - b. Consult with God.
  - c. Choose positive, HEALTHY, and mature thoughts.
2. This ability is your “free will” and is why you are not just a VICTIM of your past or controlled by your circumstances.
3. We may not act like it, but we are always thinking -- all the time, day and night.

- a. Daytime thinking tends to be for BUILDING or figuring things out.
- b. Nighttime thinking tends to be for SORTING. This is why when you feel confused or unsure, sleeping on it can bring clarity.

4. As you examine thoughts and feelings, be careful of both certainty and INDECISION.
  - a. New information will change the building and sorting of your thoughts. Certainty prevents us from SEEING new information.
  - b. Choosing the right thought or feeling is an imperfect endeavor. Do it humbly, prayerfully, and with confidence in God.

**B. To get the advantage, you have to practice “gathering” your thoughts.**

1. Multiple perspectives are there, but to get the advantage, you have to PULL them to your conscious mind.
2. “Gathering” means I am going to identify my thoughts/attitudes, the FEELINGS attached to them, and the memories attached to those feelings.
  - a. Do I WANT or need that feeling? Will it help me be healthier, godlier, or more mature?
  - b. Do I want another memory like that one? Bad memories aren’t harmless. They start as WOUNDS and if untended become scars.
3. Now, choose the healthy thought or attitude. Keep focusing on it; pray for God’s help; stop REHEARSING the other thoughts.