

Karissa Harrison // May 11 & 12, 2019

## **Flip The Script: Power to Change**

### **Review:**

- Your thoughts are running your life.
- Your advantage is that you can think about *what* you think about.
- Your first step is to gather your thoughts.

When you become aware of your thoughts and then you begin to choose your response, you have access to the **POWER** to change.

What do you want to change?

**2 Timothy 1:7** *For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.*

Power=access to God's miraculous power.

- The power to overcome sin and death.

Love=God's incredible affectionate love toward you.

- Love is the antidote to fear and shame.

Self-discipline=the ability to save the mind by calling it back to truth.

- You are wired for love, and **TRUTH** leads you back.

**Isaiah 43:1-4, 16-19** (Message) *But now, God's Message, the God who made you in the first place, Jacob, the One who got you started, Israel: "Don't be afraid, I've redeemed you. I've called your name. You're mine. When you're in over your head, I'll be there with you. When you're in rough waters, you will not*

*go down. When you're between a rock and a hard place, it won't be a dead end—Because I am God, your personal God, The Holy of Israel, your Savior. I paid a huge price for you: all of Egypt, with rich Cush and Seba thrown in! That's how much you mean to me! That's how much I love you! I'd sell off the whole world to get you back, trade the creation just for you.*

*This is what God says, the God who builds a road right through the ocean, who carves a path through pounding waves, the God who summons horses and chariots and armies—  
they lie down and then can't get up;  
they're snuffed out like so many candles:  
"Forget about what's happened; don't keep going over old history. Be alert, be present. I'm about to do something brand-new. It's bursting out! Don't you see it? There it is! I'm making a road through the desert, rivers in the badlands."*

You don't need to identify all 50,000 thoughts every day, but you do want to look for toxic and unhealthy thought **PATTERNS**.

All you need is 5 minutes a day, for 21 days, and you can begin to flip the script.

Pick a time and schedule it in.

**Ask** God to show you one or two thoughts that need healing.

**Breathe** to stay alert and present.

**Challenge** the thought. Is it true? Is it helpful?

For daily encouragement: txt **ABC** to 951-433-1936.