

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.