

# Overwhelmed

## Flip the Script (Wk.1)

### LifeNotes

## TALK IT OVER

### Main Idea

If we want to live differently we have to think differently.

### Key Scripture

*Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, 2 and he began to teach them.*

*He said:*

*3 "Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.  
4 Blessed are those who mourn,  
for they will be comforted.  
5 Blessed are the meek,  
for they will inherit the earth.  
6 Blessed are those who hunger and thirst  
for righteousness,  
for they will be filled.  
7 Blessed are the merciful,  
for they will be shown mercy.  
8 Blessed are the pure in heart,  
for they will see God.  
9 Blessed are the peacemakers,  
for they will be called children of God.  
10 Blessed are those who are persecuted  
because of righteousness,  
for theirs is the kingdom of heaven.  
Matthew 5:1-10*

***Our minds are where life's most important battles are fought and won.***

### Additional Scripture

*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 10:5

*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.* Romans 12:2

### Start talking.

- What emotions stir in you when you are overwhelmed?
- What areas of your life tend to make you feel overwhelmed?
- How do your day to day circumstances impact your thoughts/feelings?

### Start thinking.

- What do you spend the most time thinking about during the day?
- What do you think about the phrase, "If you want to live differently, you need to think differently."?
- Read Matthew 5:1-10. What are the different ways Jesus challenges us to think?
- Which of those verses/ideas are difficult for you to wrap your head around?
- Why does Jesus want to challenge how we think about things?

### Start sharing.

- Read 2 Corinthians 10:5. What practical steps can you take to "take every thought captive"?
- What do we gain by bringing our thoughts under the obedience of Christ?
- Read Romans 12:2. How does the world want us to think about life?
- In what ways does the Spirit of Christ in you help to "renew" your mind?

### Start doing.

- God's Word is a powerful weapon in our efforts to retrain our thoughts. Identify 2-3 verses that speak to your circumstances and to God's power and place them in prominent places around your house or car. If you're not sure where to find scripture that speaks to your situation follow this link for help: <https://www.openbible.info/topics/>
- Retrain your mind to speak the biblical truths OUT LOUD when those anxious and negative thoughts come up.

### Closing prayer.

Harbor Church will continue to be a church that:  
Welcomes home the broken and messy;  
Equips and launches the called;  
Makes Jesus tangible.

Please pray that God will reveal to you the role He has for you in His Kingdom, and His Church. Jesus changes lives through our example not by our opinions.