



# VALLEY REAL LIFE

[Winning the War in your Mind | Defeating Your Negative Thoughts](#)

## **Last Week**

How did you apply last week's lesson on calming our anxiety? Who did you share the lesson with?

## **Opener**

When you think of someone you know that is always negative, what are some specific things this person does that makes them a negative person?

## **Questions**

Who is someone you know that never seems to be negative in this life? How would you describe them to others? Have you ever asked them why they never appear to be negative?

In Numbers 13, the 12 spies return to give their report to Moses. Why do you think 10 of the spies insisted that they could not take the Promised Land? As we empathize with these 10 spies, what can we learn about them that we can apply to ourselves today?

Can you think of a tough situation you are going through today and how could you reframe it? Why is it important to be real and humble before you reframe your problem?

Pre-framing is setting our minds in advance to help prepare us in how we will handle events in our lives. What are some ways you can start to pre-frame your mind?

## **Scripture Discovery:**

Have yourself, another group member, or all group members read the following Scripture out loud

Psalms 13 (NLT)

*O LORD, how long will you forget me? Forever? How long will you look the other way? How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand? Turn and answer me, O LORD my God! Restore the sparkle to my eyes, or I will die. Don't let my enemies gloat, saying, "We have defeated him!" Don't let them rejoice at my downfall.*

*But I trust in your unfailing love. I will rejoice because you have rescued me. I will sing to the LORD because he is good to me.*

- What does this passage tell us about God?
- What does this passage tell us about people?
- How do you need to apply this passage to your life?
- And who are you going to tell?

Pray