



Sermon Discussion Guide

Mindcraft: Learning to Think Like Jesus #3

The Reframing Principle

Philippians 1:12-21 NLT

Pastor Mark Prugh
Immanuel Church
www.lansdale.church
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And I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News. ¹³ For everyone here, including the whole palace guard, knows that I am in chains because of Christ. ¹⁴ And because of my imprisonment, most of the believers here have gained confidence and boldly speak God's message without fear.

¹⁵ It's true that some are preaching out of jealousy and rivalry. But others preach about Christ with pure motives. ¹⁶ They preach because they love me, for they know I have been appointed to defend the Good News. ¹⁷ Those others do not have pure motives as they preach about Christ. They preach with selfish ambition, not sincerely, intending to make my chains more painful to me. ¹⁸ But that doesn't matter. Whether their motives are false or genuine, the message about Christ is being preached either way, so I rejoice. And I will continue to rejoice. ¹⁹ For I know that as you pray for me and the Spirit of Jesus Christ helps me, this will lead to my deliverance.

²⁰ For I fully expect and hope that I will never be ashamed, but that I will continue to be bold for Christ, as I have been in the past. And I trust that my life will bring honor to Christ, whether I live or die. ²¹ For to me, living means living for Christ, and dying is even better.

How can we learn to think like Jesus?

By applying four principles:

The replacement principle	⇒	Challenge a distorted thought pattern (lie) and replace it with God's truth from scripture
The renewal principle	⇒	Renew ("rewire") our minds to think more like Jesus
The reframe principle	⇒	Change the story you've been telling yourself about past and present negative events to align with the story that God is telling you about your life.
The rejoicing principle	⇒	Stay tuned!

What does it mean to "reframe" a thought?

Change the story you've been telling yourself about past and present negative events to align with the story that God is telling you about your life.

We have a limited perspective on the "stuff" we go through

God sees a bigger perspective and purpose

He wants us to align our thoughts with His perspective

"For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord.

"As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

Isaiah 55:8-9

What does it look like to "reframe" our thoughts?

Joseph...

- chose to **reframe** his experiences of rejection, hurt, and disappointment. He understood God's perspective and explained to his brothers...

*"You intended to harm me, **but God intended it for good to accomplish what is now being done, the saving of many lives.**" Genesis 50:20*

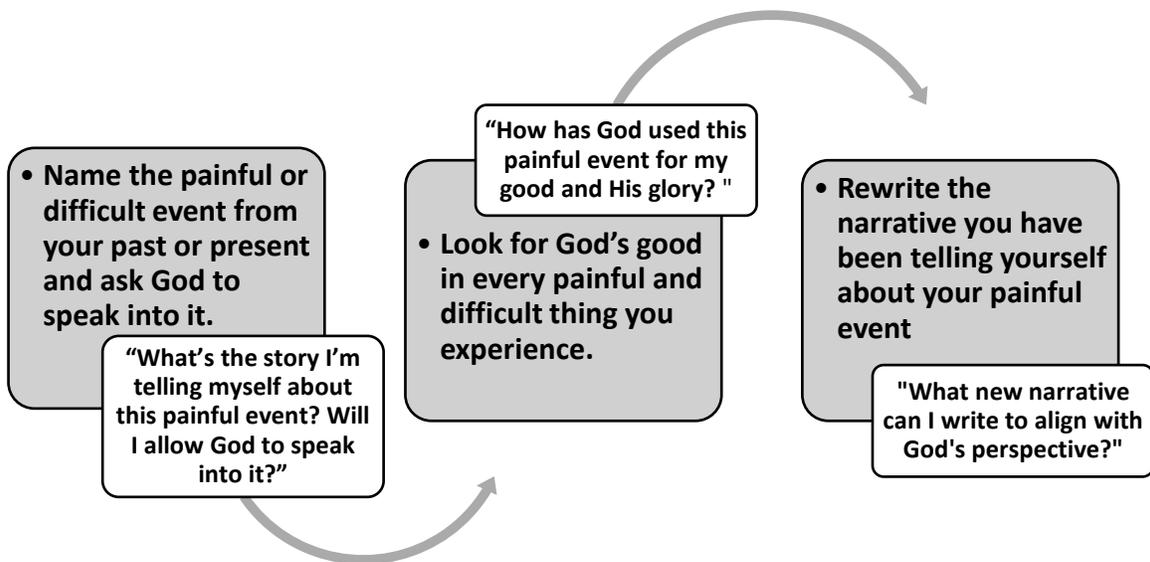
Jesus...

- **reframed** a man's blindness considering God's bigger purpose
'Rabbi', his disciples asked him, 'why was this man born blind? Was it because of his own sins or his parent's sins?' 'It is not because of his sins or his parents' sins' Jesus answered, 'This happened so the power of God could be seen in him.' Then he spit on the ground, made mud with the saliva and spread the mud over the blind man's eyes...so the man went and washed and came back seeing!" **John 9:1-7**

Peter...

- understood that Jesus' death on the cross was not the end of a great life – and **reframed** it as **the way** to bring sinners like us safely to God!
"Christ suffered for our sins once for all time. He never sinned, but he died for sinners to bring you safely home to God. He suffered physical death, but he was raised to life in the Spirit". **1 Peter 3:18**

How can you reframe your thoughts?

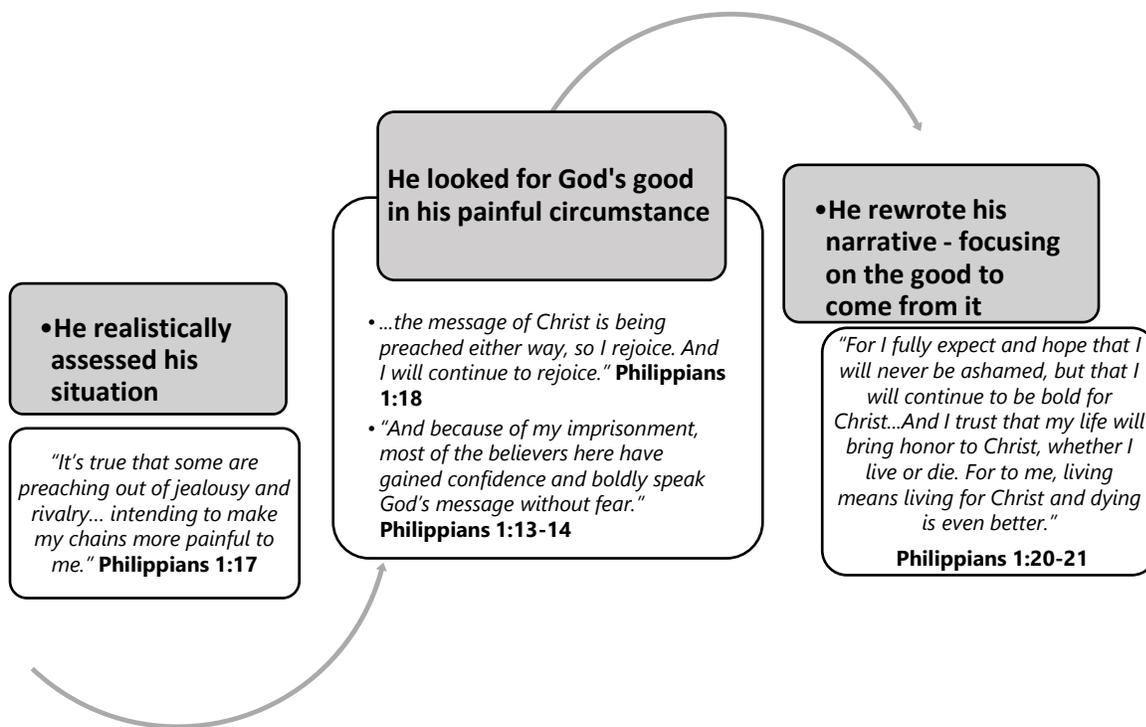


Paul's example teaches us "how to reframe"!

When did he "reframe"?

- While he was a prisoner of Rome, chained to a Roman soldier 24 hours a day, 7 days a week: no privacy, no freedom.

How did "reframe"?



What happened when he "reframed"?

He was able to live out of **joy** and to stand firm in Christ through any circumstance!

"I'll never be ashamed of the gospel, I'll always be bold for Christ, I trust my life will always bring honor to Christ, whether I live or die."

We learn from Paul –

Though we cannot control what happens to us – with God’s help – we can control how we frame it!

What might be holding you back from reframing?

You may think –

- **“Isn’t this just ‘spin’?”**
 - God doesn’t manipulate you. He only has your best interest at heart! He wants to fill you with the truth -
 - *“... that in **all things** God works for the good of those who love him, who have been called according to his purpose.” **Romans 8:28***
- **“But I can’t just turn off my feelings”**
 - It’s normal to feel your feelings and there is a season for grieving. You don’t need to turn off your feelings to begin to reframe
- **“But I’m stuck and frozen in my situation or memory!”**
 - To get **unfrozen** means to remember the event or person – but to seek Gods perspective - knowing that good will come from **ALL THINGS** –
 - **Every** struggle. Every heartache. Every hard thing, every physical affliction, every suffering. **Even** in your “impossible” situation!

To reframe means to see your life from GOD’S perspective!

**Our perspective –
Coal**



**GOD’S perspective –
Diamond!**

Discussion Questions

We have three “big questions” to consider and discuss this week. Focus on and share “where you are at” in answering them!

What painful event has God brought to your mind that needs your attention?

Are you able to see any good that God has brought from this event?

How can you rewrite the narrative you have been telling yourself - focusing on the good that has come from that event?

Were you able to easily identify an event that needs your focused attention?

- **If so, have you asked God to “speak into it” (or do you plan to)?**

What may be holding you back from reframing a situation? What might be helpful as you work towards seeking God’s perspective?

Have you had a “Joseph, Peter or Paul experience” in your past – but where you can now appreciate some good that has come from the event? Have you had a situation where God didn’t seem to do what you wanted Him to do in a situation? Are you able to see a part of God’s bigger perspective and purpose now as you look back? Consider sharing with the group to encourage others!

Are you facing a current challenge where you would appreciate prayer and insight as you work toward reframing? Consider sharing with an individual, or with the group, for prayer and support.

What one practical step can you take this week to redirect your thoughts in a relationship or circumstance where you are struggling to see anything positive or good?

Home Application

Ask the Holy Spirit for wisdom and insight as you consider this week’s “three big questions”.

Ask God to help you to identify situations or events in your life that need to be “reframed”. Open yourself to Him and ask Him to speak into them.

Prayerfully consider -

- **What painful event has God brought to your mind that needs your attention?**
- **Are you able to see any good that God has brought from this event?**
- **How can you rewrite the narrative you have been telling yourself - focusing on the good that has come from that event?**

It can be helpful to physically, literally “rewrite” your new narrative to solidify it in your mind and heart. This would be a good week to begin (or restart) a journaling habit, as you reframe your thoughts and heart around God’s bigger perspective and purpose for your circumstances.

We give thanks for answered prayers when we see our hoped-for outcome. **Have you ever thanked God for something in your past that He *didn’t* do?** Reflect on any past “unanswered prayers” that you can see resulted in good – and give thanks.

Digging deeper option

- Consider rereading and studying the story of Joseph’s life and/or Philippians (Paul’s response to his imprisonment). **What parallels do you see between their situations and your challenging experience? How can their examples and responses inspire and teach as you work towards “reframing” in your own life?**

Suggested scriptures for memorization:

*“For God so loved the world that he gave his one and only son, that whoever believes in him shall not perish but have everlasting life.” **John 3:16 NIV***

*“This is my command—be strong and courageous! Do not be afraid or discouraged. For I am the Lord your God and I will be with you wherever you go.” **Joshua 1:9***

*“No temptation has seized you except what is common to man. God is faithful. He will not allow you to be tempted beyond what you can bear. He is faithful. He will always provide a way out.” **I Corinthians 10:13***

*“Trust in the Lord with all your heart, don’t lean on your own understanding. In all your ways acknowledge him and he will make your paths straight.” **Proverbs 3:5-6***

*“For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast.” **Ephesians 2:8-9 NIV***

Reference: Groeschel, Craig. *Winning the War in Your Mind: Change Your Thinking, Change Your Life*. Zondervan. 2021.