

THE MIND GAMES

Part 1: Playing to Win

A WINNING MINDSET

- ❖ An athlete's approach (**1 Corinthians 9:24-26 NIV**)
 - ◆ Desire - running to win
 - ◆ Discipline - training with winning in mind
 - ◆ Direction - very intentional, doing things on purpose
- ❖ Winning our spiritual race
 - ◆ Desire - to win our race and stand before the Lord on the last day
 - ◆ Discipline - training ourselves, not giving in to the pressures of the flesh and world around us
 - ◆ Direction - the area people often feel frustrated

THE BEST STARTING PLACE - TO WIN OUR RACE

- ❖ Start with our thoughts
 - ◆ Wrong thoughts are the root of our biggest problems (**Proverbs 23:7 NKJV**)
 - ◆ All of us have been impacted by wrong thinking (**Philippians 4:9 NKJV**)
 - ◆ We have to take responsibility for our thoughts and words
- ❖ A better way to think (**Isaiah 55:6-9 NIV**)
 - ◆ Seek after God
 - ◆ Forsake - loose, abandon, separate yourself from, idea of going away to a new locale
 - ◆ We want God's ways and God's thoughts
- ❖ An example of adopting a God thought (**Mark 10:46-52 NIV**)
 - ◆ Bartimaeus was accustomed to poor treatment
 - ◆ He had heard some things about Jesus of Nazareth
 - ◆ Did the only thing he could do - shout loudly
 - ◆ When Bart knew that Jesus wanted to see him...
 - ◆ A powerful faith boosting thought - God wants to help me (**Romans 8:32 NIV**)