

RED FLAGS Week 1: Red Flags in our Mind

Intro: Red flags are warning signs that indicate unhealthy, manipulative, toxic, or abusive attitudes or behaviors.

Three things we should know about red flags:

1. Red flags are warnings, not invitations!
2. Red flags are not life sentences, they are wake-up calls
3. Red flags should never be ignored

THREE RED FLAGS in our MINDS to be AWARE OF and HOW to take action AGAINST THEM!

Red Flag #1: We're not growing in our thinking - 1 Corinthians 13:11

Signs of IMMATURE THINKING: Self-Centeredness, Entitlement, Impulsiveness, Impatience, Comparison, Insecurity, Approval addiction, Need for constant gratification, Victim Mentality

We must recognize the RED FLAG of IMMATURITY and TAKE ACTION through SPIRITUAL FORMATION. Maturing in our mind is a part of DISCIPLESHIP for the believer. It's in the mind our lives are transformed.

We are intentional about:

- MEDITATING ON THE WORD
- GROWING IN GRACE
- GROWING THROUGH COMMUNITY
- PRAYER AND DEPENDENCE ON GOD
- SPIRITUAL DISCIPLES TO ORIENT OUR MINDS
- INTENTIONALITY
- WALKING IN THE SPIRIT

Red Flag #2: We let 'strongholds' stay around - 2 Corinthians 10:3-5

There are thoughts that will come into your mind that is CONTRARY to the thoughts that God would have us to be dwelling on. The scripture calls these STRONGHOLDS – a destructive thought that has a strong hold on your mind.

It's WRONG THINKING that wraps us up and keeps us BOUND.

Kinds of wrong thinking: Catastrophizing, Overgeneralizing, Exaggerating, Defeatist thinking, etc.

We must recognize the RED FLAG of STRONGHOLDS and TAKE ACTION by CASTING DOWN those thoughts and bringing them into captivity before they bring you into captivity!

Red Flag #3: We let in more negative than we do positive in our mind

It's impossible to live a positive life with a negative mind. We must recognize the RED FLAG of NEGATIVITY and TAKE ACTION by CHANGING OUR MENTAL DIET

We must Re-Focus our minds

We must Re-Fill our minds

We must Re-New our minds

Conclusion: YOU ASKED JESUS INTO YOUR HEART, NOW ASK HIM INTO YOUR MIND!