

STAYING STUCK

How to Live in Weakness

Romans 6-8

Reclaim your _____.

*"Therefore do not **let** sin reign in your mortal body so that you obey its evil desires. Do not **offer** any part of your body to sin... but rather **offer** yourselves to God as those who have been brought from death to life; and **offer** every part of yourself to him as an instrument of righteousness."*

Romans 6.11-13

Reframe the _____.

(from John G. Miller)

1. Begin with a **What** or **How** (not Why, When or Who)
2. Contain an "I" (not they, we, or you)
3. Focus on **action** (not circumstances)

Examples:

- *Instead of "Why is this happening to me?" ask "What can I do to grow through this experience?"*
- *Instead of "When will this temptation leave me?" ask "What guardrails or accountability can I set up?"*

Your turn to practice:

Weak Questions I'm asking:

Better Questions to ask:

Retrain your _____.

"We take captive every thought and make it obedient to Christ."

II Corinthians 10.5

Recommendations to Reclaim, Reframe & Retrain:

- *Winning the War in Your Mind*, Groeschel
- *Live No Lies*, Comer
- Meditate on Romans 6-8
- Memorize I Corinthians 10.13

Memory Verse:

"No temptation has overtaken you except what is common to us all. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."

I Corinthians 10.13

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Reclaim your power.

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Reframe the question.

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Better Questions to ask:

Retrain your mind.

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