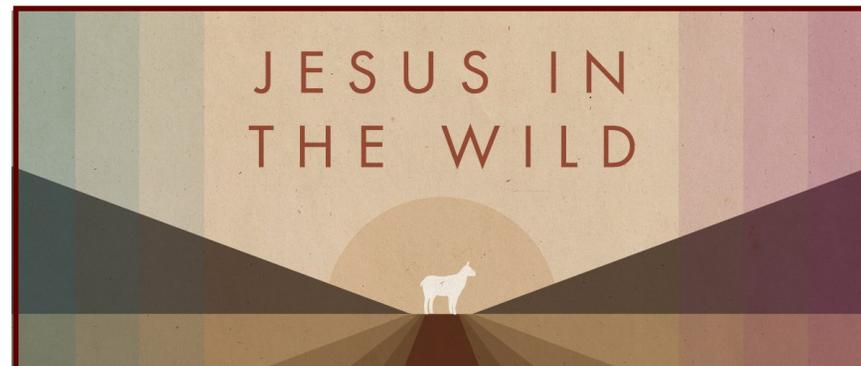


Here is a sample list of positive affirmations based on God's truth for all of us. For an expanded list go to <https://southrenoumc.info/positive-affirmations/> and take what you like—write it, think it, say it, meditate on it, and believe it daily.

- I am strong and mighty. I have the same power that raised Christ from the dead dwelling inside of me. I am a weapon of righteousness in a world of darkness.
- I am not my past. I am not what I did. I am who God says I am. He says I am forgiven. He says I am redeemed. He says I am free.
- I am not a hostage to unhealthy thoughts. The weapons I fight with are not the weapons of this world. I have divine power to demolish strongholds.
- I have the mind of Christ directing my thoughts. I have the Word of God guiding my steps.
- I demolish every pretension that sets itself up against the knowledge of God. I take every thought captive and make it obedient to Christ.
- Worry is not my master. I trust in God. His peace guards my heart, guards my mind, and guards my soul in Christ Jesus.
- My God has not given me a spirit of fear, but a Spirit of power, of love, and of a sound mind.
- I am not a slave to my habits. I am not a prisoner to an addiction. I have been rescued from the power of darkness and brought into the kingdom of God's light.
- I am empowered. I am chosen. I am called. I am a masterpiece of God, created in Christ Jesus, to do good works which God prepared in advance for me to do.

### Prayer:

*Father, there are many times we've listened to you, and found our strength to do hard things. There are other times we have yielded to the enemy's taunts, telling us we are less than who you've made us to be. We choose to follow you into the possibilities you have ahead. We look forward to experiencing your provision in the midst of obedience, and to learning how to resist the challenges of the accuser to our identity as your children. Keep us today, Holy Spirit, in the narrow way of Christ. In Jesus's name we come, amen.*



## Week 3: Dealing with the “Ifs” of Life

**Big Idea:** How does the accuser speak to you? What is the enemy of your soul seeking to get you to question?

### Primary Text

*The devil said to him,*

- *“If you are the Son of God, tell this stone to become bread.”*
- *“If you worship me, it will all be yours.”*
- *“If you are the Son of God,” he said, “throw yourself down from here.”*

*Luke 4:3, 7, 9*

### Notes:

- *What was the last “if” that you heard in your heart?*
- *The enemy's goal is simply to put a question mark in our minds about our identity in Christ.*

1. If is a Word God Uses to \_\_\_\_\_ Us

- "If" is a word that awakens us to possibility. It's a word of potential.

2. If is a Word the Accuser Uses to \_\_\_\_\_ Us

- If can be a challenge to our identity, love, and purpose.
- Every "if" implies a then, even if it's not explicit in the sentence.

3. If is a Word We Can Use to See \_\_\_\_\_.

- If I did this, what could happen? If I live this way, what could change?
- Ask God what the next possibility is ahead—and you'll find yourself on the crest of a wave of ministry that is powered by the Holy Spirit.

## For Further Study

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions and scriptures are designed to help you take that next step .

**Ice Breaker:** So far in the series, what have you learned that seems helpful and relevant for the challenge that you face?

### **Discussion:**

- "What happens when you entertain one of the enemy's if statements in your life?"
- What is the last if you can think of that the enemy has tried to throw your way?
- How did you handle that moment? Trust? Belief? Despair? Fear? Courage?
- Do you have an intentional process by which you discern and address criticism and doubts that come your way? What could that process look like for you going forward?

### **Changing Your Mind**

Is there a verse you would call your life verse or a go-to verse that you draw on in your darkest moments? What is it, and what does it mean to you?

**Remember, If God loves you. Then God loves you!**