

FREEDOM TRAINING - Listening Guide
SESSION 5

Thoughts

Emotions

Actions

Our thoughts are based on either truth or lies.

2 Corinthians 10:5

*We take captive every **thought** to make it obedient to Christ.*

Obedience of our thoughts.

Nobody else can think your thoughts for you. You are responsible for your thoughts.

We tend to think that our emotions can depend on somebody else's action.

Example: "You made me mad."

Reality: What they did made you THINK something; and that thought led to the EMOTION.

- Most of us live in a pattern of trying to change somebody else.

Jesus teaches that regardless of what somebody else does you can live in freedom.

The power to live in freedom comes from taking the step of accepting that you alone have responsibility for your thoughts and emotions.

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DISCUSSION QUESTIONS:

- 1) Read **2 Corinthians 10:5** Discuss the difference between being obedient in action and being obedient in thought. Why is this distinction so important in the pursuit of freedom? **(Hint: T.E.A)**
- 2) Danny stated that most of us do not want to take responsibility for our thoughts. Why do you think that is? What holds us back from taking responsibility for how and what we think?
- 3) We are all guilty of believing that “my emotion depends on their action” - give some examples of how you have seen this play out in your life.
- 4) Are you willing to continue the process of living in freedom knowing that it means “that person” may never change? At this point, do you believe that this is possible?
- 5) What is your most significant take-away from today’s teaching and/or discussion?