

"JUST SAY KNOW" BIBLE STUDY

Reclaim! Reframe!

Day 1 Read **Philippians 4:8; Romans 12:2; 2 Corinthians 10:5; 2 Corinthians 11:21-28**

These passages include exhortations written by the Apostle Paul about how we are to think.

1. According to Philippians 4:8, what kind of things are we to think about?
2. In Romans 12:2, it says we are transformed by the renewing of our mind. How do we renew our mind? Hint: Hebrew 4:12.
3. In 2 Corinthians 10:5, Paul uses a picture which seems to be that of a military operation in enemy territory—"taking captive every thought." Why do you suppose he uses this language?
4. After reading about all that Paul went through in 2 Corinthians 11, why do you think he thought it was important to be careful how we think about things?

Day 2 Read **Psalms 13:1-6**

I love to read the Psalms because you get to see over and over again David reframing his situations. Psalm 13 is one of many examples.

1. What kind of mood is David in as he starts out this Psalm?
2. What is David struggling with in this passage? How does he solve his struggle?

Day 3 Read **Genesis 45:1-15**

This chapter is one of the most amazing stories in the Bible. Joseph's ability to reframe the mistreatment he received at the hands of his brothers is a shining example.

1. What could Joseph not control any longer? (In light of what had been done to him, I find this amazing!) Look up Genesis 41:51, 52. By seeing what he named his children, we learn what he was focusing on which helped him to not become bitter. What was it?
2. How would you have responded to your brothers if you were Joseph?
3. Who did Joseph believe was the one who sent him to Egypt? For what purpose?
4. Do you believe that God has a bigger picture for your life as well?

Day 4 Read **Romans 4:17-25**

This passage is another beautiful example of trust (faith) in God.

1. Who is this passage about? What did God promise him? Why would this have been hard to believe?
2. Of what was he fully persuaded?

Day 5 Read **Romans 8:28; Jeremiah 29:11; Romans 5:1-4; Hebrews 3:1, 12:1-3**

Today you will read some of God's promises to you and how to reframe your situations.

1. What scripture encouraged you the most? Do you really believe it?
2. What are we supposed to "fix" our thoughts on?