

# EVERY THOUGHT CAPTIVE



## #5. Win The Morning

### **What Is God's Will For You?**

- To Live A Life Filled With JOY & GRATITUDE.  
Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the **will of God** in Christ Jesus for you. 1 Thessalonians 5:16 -18

### **How Do We Do That?**

<sup>4</sup>For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. <sup>5</sup>We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, 2 Corinthians 10:4-5

*“What You Think About When You First Wake Up Has A Way Of Determining What You Think About Through The Rest Of The Day.”*

And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. Mark 1:35 [ESV]

- I Need To Take My Thoughts Captive When I FIRST Wake Up.

*“The Morning Hours Are Your Neuroplasticity Window.” ~Dr. Andrew Huberman~*

### **The Primacy Effect.**

- Whatever You BEGIN Your Day With Will IMPACT What Sticks With You For The Rest Of The Day

### **The Prophet Jeremiah's Example**

*“When You're In A Season Of Lament, It Will Either Drive You Away From God Or It Will Drive You Closer To God.”*

*“But this I **call to mind**, and therefore I have hope.” Lamentations 3: 21*

#1. God's Steadfast LOVE Never Ceases

The steadfast love of the LORD never ceases. Lamentations 3:21

#2. God's MERCIES Are New Every Morning

".. his mercies never come to an end; they are new every morning;" Lamentations 3:21-22

# 3. God's Great FAITHFULNESS

"...great is his faithfulness." Lamentations 3:23

#4 GOD IS SUFFICIENT

"The LORD is my portion," says my soul, therefore I will hope in him." Lamentation 3:24

## Life Group Discussion Questions

- Think about your typical morning routine. What are your usual first thoughts or actions of the day? How do you see them affecting the rest of your day?

**Read Mark 1:35.**

- What strikes you about Jesus's priorities. What does it teach us about the importance of how we start our day
- Studies show that 92% of highly productive people start their morning off with a planned morning routine. What barriers prevent you from establishing a consistent morning routine? What would help you overcome those barriers?

**Read Lamentations 21-24.**

- Jeremiah writes that "God's mercies are new every morning" How might this truth impact how you approach each day? How could actively looking for God's new mercies change your morning mindset?
- Morning routines are like compound interest for your soul. Even a small investment in spending time with God each morning will accumulate and yield rewards over time. In what ways have you seen the small yet consistent morning habits you are making (either positive or negative) compound over time in your life

**Renew Your Mind.**

If you don't already have one start a morning routine. Take 10-15 each morning and follow Jeremiah's example "*call to mind*". 1. God steadfast love for you. 2. His mercies that are renewed each day. 3. His great faithfulness towards you in Jesus. 4. God is sufficient – Jesus is truly enough "*The Lord is my portion*"

**Source:** Kyle Idleman "Every Thought Captive" Zondervan Publishing

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