

## The Imagination Step



The imagination step is the practice of maintaining a healthy \_\_\_\_\_ life and ridding our minds of vain imaginations.


### Group Exercise A

**When your imagination is compromised you may:**


- Escape into something that brings me comfort when you get stressed out
- Give up when things don't go your way because you hate opposition
- Prefer not to plan and tend to be laid back about your future
- Stuff your emotions because they are too painful to deal with
- Have a pity party when you get discouraged
- Focus more on the problem than the solution when you get upset
- Control and manage your issues rather than release them to God
- Overreact to issues and remain stressed out
- Lack goals or direction for your future
- Constantly compare yourself to others and wish you were in their shoes

### Group Exercise B


### Identity Scriptures

 As a man thinketh in his heart, so is he. Proverbs 23:7 (KJV)

**? What role do our thoughts play in predicting our actions?**

 We fix our eyes, not on things seen, but on things unseen, for what is seen is temporal, but what is unseen is eternal 2 Corinthians 4:18.

**? When we want to change our behavior, why is it important to visualize the change?**

 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-his good, pleasing and perfect will. Romans 12:2 (NIV)

**? If you are single, what are the signs that you are having a mind affair? What about if you are married? Are the standards different?**

**? What advice would you give a single girl who is meeting men online?**

📖 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; 2 Corinthians 10:5 (KJV)

**? How do you tell the difference between vain imaginations and truth?**

**? Can we control our thoughts? How much?**

**? Based on what you've read, what is the difference between fantasy and imagination?**

📖 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8 (NIV)

**? How does Satan bait us to embrace a lie? Are his temptations complete lies?**

📖 There is no wisdom, no insight, no plan that can succeed against the LORD. Proverbs 21:30 (NIV)

📖 Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Joshua 1:7 (NIV) you cannot achieve victory unless you can first imagine it. If you can't perceive it you can't receive it.

**? What person or people in the Bible utilized the imagination step? Did it help or hinder their situation?**

## **Group Exercise C:                      Action Points**

**If you have trouble with the imagination step, try these action points to replace false thoughts with the truth:**

- ❖ Pray for God's \_\_\_\_\_.
- ❖ Judge the fruit of your \_\_\_\_\_.
- ❖ Pinpoint false \_\_\_\_\_.
- ❖ Write \_\_\_\_\_ thoughts.
- ❖ \_\_\_\_\_ the truth to yourself.

- ❖ Live in the \_\_\_\_\_.
- ❖ Give discouragement a \_\_\_\_\_.
- ❖ Practice \_\_\_\_\_ prayers.
- ❖ Memorize \_\_\_\_\_.



### **Reading Assignment for Next Week: Prayer**

Chapters 15-17