



Winning The War In Your Mind

Part 2: *Flip the Frame*

Big Idea

You cannot control what happens to you, but you can control how you frame it.

Key Scriptures

- **Philippians 1:12–14**
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Discussion Questions

- What's the most memorable travel or airport story you've had—funny, stressful, or strange?
- If your life right now was a picture in a photo frame, what would the picture look like?
- Have you ever caught yourself telling a story in your head (about work, friends, family) that turned out not to be true? What happened?
- Why do you think we so often assume the worst when we don't know the whole story?
- The experiment with framing (saving lives vs. people dying) showed how much wording changes our response. Where do you see "framing" play out in everyday life—news, social media, advertising, relationships?
- **Read Philippians 1:12-14**

- Imagine being chained to a guard for two years. How would you likely frame that situation?
 - Paul could have written a “woe is me” letter, but instead he wrote that his chains helped spread the Good News. What stands out to you about his perspective?
 - Verse 13 says the entire palace guard knew Paul was in chains for Christ. How does that challenge or inspire you?
 - Verse 14 says other believers became bolder because of Paul’s example. How have you seen someone else’s faith give you courage in your own situation?
 - When you face something hard, what’s your natural “frame”—do you lean toward pessimism, realism, or optimism?
 - Think of a current challenge. What’s the “default frame” you’ve been putting around it?
 - What would it look like to reframe that same situation through God’s promises?
 - Paul didn’t deny he was in prison—he reframed it. Why do you think reframing is different from pretending everything is fine?
 - How could sharing your reframed perspective with someone else encourage them, like Paul encouraged other believers?
 - If you’re exploring faith: what difference do you think it would make to invite God into how you “frame” your life’s story?
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Challenge Question (For Takeaway):

This week, take one situation you wish you could change.

- Write it out as you see it now.
- Then rewrite it through the lens of God’s promises.
- Share it with a trusted friend, and ask them to remind you of God’s perspective when you forget.