



Series: *The Four Voices*

What Going on Inside Your Head?

Colossians 2:8, Romans 8:5-8, John 8:44, John 14:26, Proverbs 4:23

NOTES:

The Big Idea: _____

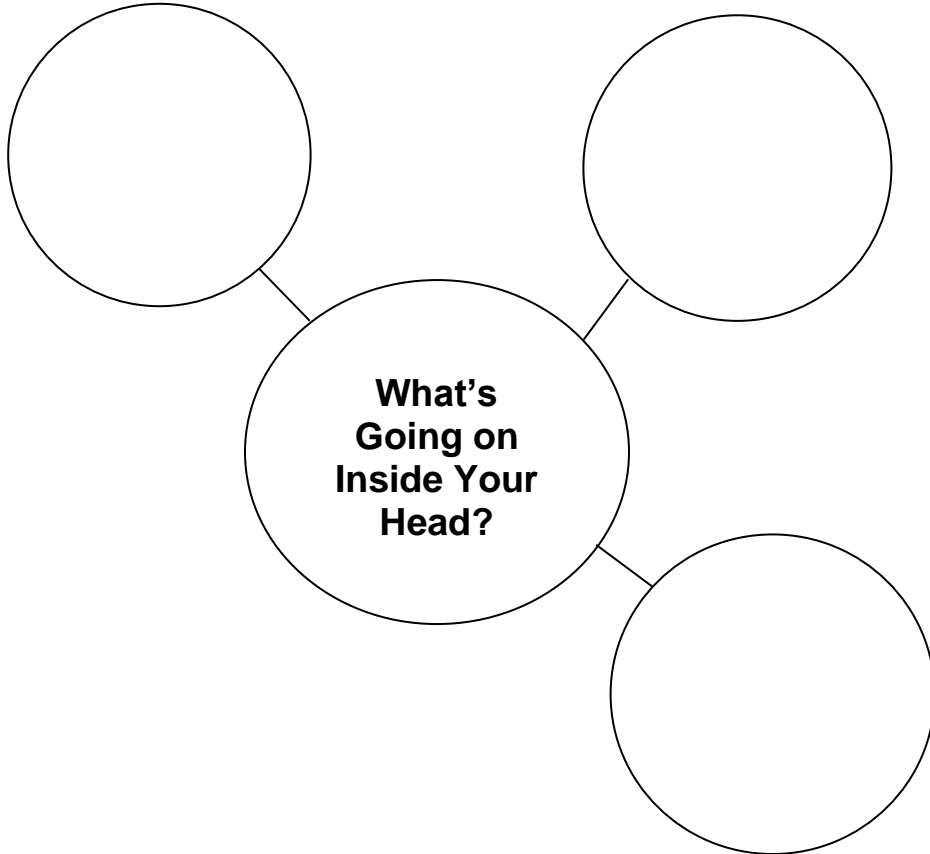


TABLE TALK:

1. Give an example of a current mad, sad, bad, or glad thought that you can't figure out.
2. What are the four voices from today's Scriptures? Why is it important to figure out which voice is speaking and make the adjustment according to Proverbs 4:23?
3. Write down your normal state of mind for each of the following (for example: glad, sad, mad, bad, fearful, anxious, feeling superior or inferior, competent or incompetent, shame, guilt, needed, unneeded, wanted, unwanted, loved, unloved, understood, misunderstood, useful, not useful, appreciated, underappreciated):

SITUATION:

VOICE:

- Getting up _____
- Starting workday _____
- Getting exercise _____
- Relationship w/wife _____
- Success as father _____
- Friends _____
- Work _____
- Value as a person _____
- Sense of purpose _____
- State of the world _____
- Other _____

CALL TO ACTION: Over the next few days, decide which voice is responsible for each state of mind you identified. Write your answers.

The Man in the Mirror Bible Study community is a movement of men passionate about growing and helping as many other men as possible grow too. We come from all walks of life. You're invited to become a member of this movement. Learn more at mimbiblestudy.com. We will always be stronger together. Email Pat at patrickmorley@maninthemirror.org or Brett at baclemmer@maninthemirror.org.