

A man wearing a grey beanie, a white striped shirt, and blue jeans with suspenders is sitting on a thick tree branch. He is holding a hand saw and looking down at it. The background shows a valley with green fields and trees under a soft, golden light, suggesting sunset or sunrise. The text "HOW TO FIGHT BATTLES WE CREATE!" is overlaid on the left side of the image.

HOW TO FIGHT
BATTLES
WE CREATE!

MAIN IDEA:

Our external
battles could be the
result of our inner
turmoil!



How do we create the battles we face?



**WE SURROUND OURSELVES
WITH ONLY INFORMATION
THAT MATCHES OUR BELIEFS.**



A woman with dark hair pulled back, wearing a blue denim shirt, looking directly at the camera with a serious, slightly frowning expression. The background is a plain, dark grey color.

**BAD
SPIRIT**

**THAT CREATES
BAD
ENVIRONMENTS!**

**TITUS 1:15 TO THE PURE, ALL
THINGS ARE PURE; BUT TO THOSE
WHO ARE DEFILED AND
UNBELIEVING, NOTHING IS PURE,
BUT BOTH THEIR MIND AND THEIR
CONSCIENCE ARE DEFILED.**

**WE BELIEVE OUR
MEMORIES MORE
THAN PROMISES
FROM GOD!**



DEFENSE MECHANISMS

THAT CREATES ADVERSARIAL RELATIONSHIPS WHEN
BAD MEMORIES ARE TRIGGERED!!!

How to fight the battles we create!



LOOK YOURSELF IN THE MIRROR INSTEAD OF LOOKING AT OTHERS

Psalm 51 Be gracious to me, O God, according to Your lovingkindness; According to the greatness of Your compassion blot out my transgressions. 2 Wash me thoroughly from my iniquity And cleanse me from my sin. 3 For I know my transgressions, And my sin is ever before me. 4 Against You, You only, I have sinned And done what is evil in Your sight, So that You [c]are justified when You speak And blameless when You judge. 5 Behold, I was brought forth in iniquity, And in sin my mother conceived me.



DON'T TRY TO FOOL THE PERSON IN THE MIRROR!

Psalm 51:6 Behold, You desire truth in the innermost being, And in the hidden part You will make me know wisdom. 7 Purify me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow.



UNDERSTAND THAT HEALED PEOPLE MAKE WHOLE CHOICES.!

Psalm 51:8 Make me to hear joy and gladness, Let the bones which You have broken rejoice. 9 Hide Your face from my sins And blot out all my iniquities. 10 Create in me a clean heart, O God, And renew a steadfast. spirit within me. 11 Do not cast me away from Your presence And do not take Your Holy Spirit from. me 12 Restore to me the joy of Your salvation And sustain me with a willing spirit. 13 Then I will teach transgressors Your ways, And sinners will be converted to You.

