

Week 3- Unshakable Women's Bible Study

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'A Sound Disciplined Mind' by Nancy Dufresne

Chapter 9- No Condemnation - Forget It!

Chapter 10- The Other Side of the Test

Chapter 11- Count It All Joy

Week 3—Transforming the Mind

Main Truth:

Forget the past, stand through the test, and keep your joy.

(Week 2 Main Truth: What you rehearse, you strengthen)

(Week 1 Main Truth: Your life will move in the direction of your dominant thoughts)

Scripture Focus:

Romans 8:1 (AMP)— Therefore there is now no condemnation [no guilty verdict, no punishment] for those who are in Christ Jesus [who believe in Him as personal Lord and Savior].

Hebrews 10:35-36 (AMP)—

Do not, therefore, fling away your [fearless] confidence, for it has a glorious *and* great reward.

36 For you have need of patient endurance [to bear up under difficult circumstances without compromising], so that when you have carried out the will of God, you may receive *and* enjoy to the full what is promised.

1 John 1:9 (AMP) — If we [freely] admit that we have sinned *and* confess our sins, He is faithful and just [true to His own nature and promises], and will forgive our sins and cleanse us *continually* from all unrighteousness [our wrongdoing, everything not in conformity with His will and purpose].

***In Christ, you are **free from condemnation, strengthened in the middle of the opposition,** and able to **count it all joy because He is working in you and bringing you through!!!** Trouble is not your permanent address.

Key Points:

1. Condemnation is not the voice of God!!

One of the enemy's greatest attacks is condemnation. He wants to keep you mentally bowed down under regret, shame, failure, and accusation. He wants you to replay all the wrongs you've done, little or big, what you should have done better, or how you missed it. (1 John 1:9) Just like you're required to forgive others, you need to do the same for your situation.

Condemnation does not draw you to God. It drives you from him. Have you ever felt condemnation? It makes you want to hide, pull back, and feel disqualified. God's correction is different. He convicts to restore. He speaks truth so that we can repent, receive grace, and move forward. That's one of the purposes of the blood of Jesus. He gives a way to get back on track. We have to learn to see others and ourselves through the eyes of Jesus.

A disciplined mind refuses to keep carrying what Jesus already paid for on the cross! You cannot walk boldly into what God has called you to do while you're still mentally chained to what is behind you. There is no moving forward when chained.

*****Conviction leads you to God. Condemnation pushes you away from Him.**

1 John 4:16 (AMPC) — And we know (understand, recognize, are conscious of, by observation and by experience) and believe (adhere to and put faith in and rely on) the love God cherishes for us. God is love, and he who dwells *and* continues in love dwells *and* continues in God, and God dwells *and* continues in him.

God loves you. You need to be ok with loving yourself. The love of God is inside of you.

2. The test/battle is not the end of your story.

You can mistake a test/opposition/battle for defeat. You can assume that because you are under pressure, something is wrong, God is far away, or you are failing. Battlegrounds are often where faith is being strengthened and endurance is being developed.

The enemy wants you to believe the pressure is permanent. Have you ever felt that way?? He wants you to only see the hard part, the delay, the unanswered questions, the stretching, and the fatigue. But there is another side to the battle....

During the pressure, it can expose what needs strengthening. God has given us the Word to deal with the pressure. He reveals where thinking needs renewal and where endurance must grow. The battle is not there to destroy you. It is an opportunity for you to mature, and you'll be brought out stronger.

*****What you are in is not the end of your story. There is another side to the battle—VICTORY!!**

3. Joy is a response of faith.

Joy is not pretending everything is easy. Joy is not denial. Joy is the response of a heart that trusts God in the middle of the process.

The enemy wants you to lose joy during testing because when joy is lost, strength is drained. (Nehemiah 8:10) A person without joy becomes more vulnerable to discouragement, heaviness, and quitting in their mind. Quitting is not kingdom mentality. But when you choose joy, you stay strong in spirit.

James 1:2-4 (AMP)— 2 Consider it nothing but joy, my [a]brothers and sisters, whenever you fall into various trials. 3 Be assured that the testing of your faith [through experience] produces endurance [leading to spiritual maturity, and inner peace]. 4 And let endurance have its perfect result *and* do a thorough work, so that you may be perfect and completely developed [in your faith], lacking in nothing.

Joy says, “God is still faithful.”

Joy says, “This pressure will not define me.”

Joy says, “I trust Him while I am still walking through it.”

*****Praise and joy lift the focus off the pressure and put it back on God. Joy protects your strength while you wait for the breakthrough. Joy is strength in motion.**

Weekly Reminder: IN Christ, you are free from accusation! Hallelujah!!

2 Corinthians 5:17 (AMP)— Therefore if anyone is in Christ [that is, grafted in, joined to Him by faith in Him as Savior], *he is* a new creature [reborn and renewed by the Holy Spirit]; the old things [the previous moral and spiritual condition] have passed away. Behold, new things have come [because spiritual awakening brings a new life].

Chapter 9 // page 116: “Great faith doesn’t hold to the past, to failures, or to sin. It holds to the Word. Because sin is blotted out and forgotten, great faith won’t look behind to the past that is dead and gone, but it reaches forth to that which is before it, pressing past all hinderances and opposition. The past is dead and gone, and it is to be forgotten, for what’s ahead is so much greater than what’s behind.” - Pastor Nancy Dufresne

Chapter 10 // page 122: “What must you do when faced with a test? The same thing Jesus did. Look past it! There’s only one way to look past it— with the eye of faith. By faith, look past all opposition and see clear through to the other side; see what you will move into on the other side of the test.” - Pastor Nancy Dufresne

Chapter 11// page 125: “Joy can be released through laughter, but faith can also be released through laughter. Faith will cause you to laugh at the devil and in the face of circumstances, for you know that Jesus has already defeated the enemy and given you the victory. Learn to release faith through laughter.” - Pastor Nancy Dufresne

Weekly Challenge:

Each day, do these three things:

1. Reject condemnation.

When thoughts of shame, guilt, or disqualification come, refuse to rehearse them. (Remember the Week 2 Main Truth: What you rehearse, you strengthen.)

2. Speak strength in the battle.

Instead of only talking about the pressure, remind yourself that God is doing something in you and that there is another side to this. You win!

3. Practice joy on purpose.

Thank God out loud every day for His faithfulness, and praise Him before the answer fully shows up.

Food For Thought/Questions to Answer:

- Where have I been carrying condemnation?
- What opposition am I currently walking through? (Remember He gives no tests from the things He has redeemed you from, i.e. healing)
- How can I choose joy this week in a practical way?

NOTES:

OUR DAILY DECLARATION: Psalm 131

- I do not occupy myself with things too great.
- I have calmed and quieted my soul
- I bring my soul into rest before the Lord