



Northland Christian Church Group Discussion Guide For the Week of September 12, 2021

Use the questions below as a springboard for discussion. You do not have to answer every question. These are intended to help spark discussion. Refer to as needed. Ultimately we want God's answers, not man's opinions. Always land where God lands. (ex: Where do we see that in the Bible?) Give grace. Give time for growth. Don't force it.

Connect

- Have you ever seen small things lead to big results? What happened?
- Share some statements or ideas you learned as a kid that you now have learned are not true?

Engage the Bible - Read and Review Surprises, Takeaways, and Observations from:

Romans 12:1-2

The Context

What's Going On In Your Head?

"The life you have is a reflection of what you think. Like whitewater rapids rushing you downstream, your thoughts move your life in the direction of their strongest currents." - Craig Groeschel

That's why it is so crucial that "...we take captive every thought to make it obedient to Christ" 2 Corinthians 10:5

Dave shared, your brain is a command center that directs parts of your body through neurons. Neurons link together to create messages. The same message sent multiple times will create a neural pathway. That pathway created helps you think without thinking. It's called RAS: Reticular Activating System. This system keeps you alive, works without even thinking, allowing you to focus on new information, problem solving, and feelings. The RAS helps you create a rut, a pathway that helps you start to lock in on something and get better. Your experience or your thoughts are wiring and programming your brain. **Neurological pathways create helpful and hurtful ruts.** This leads us to needing to examine and recognize the ruts. Good ones we reinforce and amplify. Harmful ruts we need to take captive and work towards retraining and renewing our mind. We need to **Reroute the rut and renew our mind.**

Discuss & Apply

1. Read **Romans 12:2** again. What would it look like for you to renew your mind every day?
2. How is the idea that we need to reroute our mental ruts and renew our mind helpful?
3. Dave shared that *"we have to recognize the rut before we can reroute the rut."* What mental ruts have you recognized in your life?

4. What negative statement do you say about yourself, and how does it affect you? What truth demolishes that stronghold? How can you replace that negative statement with truth from Scripture?
5. Looking back, when has the devil convinced you a lie was true in order to distort your thinking and lead you astray? How was he able to succeed at the time? How did environments, choices, and relationships impact this?

Dave shared three steps for helping us reroute the ruts in our minds.

1. Write it.

2. Confess It.

3. Repeat It. - Until You Believe It.

6. What are some truths from God that you find helpful to repeat often? How can this be like a mental treatment plan for you each week?
- READ Romans 7:21-25 & Colossians 3:1-3**
7. How do you relate to the struggles outlined in Paul's writings in Romans 7?
 8. How do these passages help guide us to finding freedom in what's going on in our head? How does it help you see how you might reroute the mental ruts in your life and renew your mind?
 9. *Craig Groeschel has said that: "Our lives are always moving in the direction of our strongest thoughts. Where do you think your life is headed, based on your thoughts? Is there anything you would like to change with this?"*

Challenge: Create a truth statement (or a few) to combat lies you're believing. Share it with your Group, then commit to declaring it over yourself every day for 30 days.

End your group time in prayer.