



## Northland Christian Church Group Discussion Guide For the Week of September 5, 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

- What's an advertising jingle or phrase that gets stuck in your head? Why is it so memorable?

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

#### **2 Corinthians 10:3-5**

#### The Context

##### What's Going On In Your Head?

Our thoughts are powerful. They affect and impact every aspect of our lives. Our decisions, habits, conversations, perspectives, goals, dreams, stress levels, relationships, beliefs, and more. What we believe matters. What thoughts we continue to allow to be on repeat in our heads matter.

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

We need to examine our thoughts. To think about what we think about. Because, as Jonathon shared: **A lie believed as truth will affect your life as if it were true.**

We need to understand where lies and negative thinking gets us in trouble because: **You cannot defeat what you are ignoring.** Let's work together to help us defeat the things that may be hindering us or holding us back.

#### Discuss & Apply

1. What song from your pre-teen or teenage years do you know so well that you can quote some of the lyrics whenever it comes on? Why do you think you can do this? How does this illuminate the power of repeated messaging and "soundtracks" (thoughts)?
2. *Jonathon shared: A lie believed as truth will affect your life as if it were true.* How have you experienced or seen this to be true?
3. What helpful thoughts run through your mind every day? How have these helped guide your life?

4. Think about a time when you experienced a battle with negative or toxic thoughts. What did you learn through that experience?
5. Are there lies that have been easier for you to believe? How have they affected your life or relationships?

#### **READ Philippians 4:8-9**

Jonathon shared three patterns or steps for helping us experience the peace of God by directing our thoughts. It's a progression or movement from **THOUGHT → ACTION → EXPERIENCE.**

This leads us to a plan to help us leverage our thoughts and overcome negative thinking or lies.

1. **Identify the Lie.**
2. **Replace it with Truth.**
3. **Declare that Truth in Your Life.**
6. What unhelpful / untrue / unkind thoughts repeatedly crop up for you? What truths of God speak into this?
7. Have you ever spent regular time meditating on God's truth? What was it like? How was it helpful? How did it impact your relationships?
8. What statement of truth about our God-given identities and design would be helpful or meaningful to remember and repeat?
9. What are some lies that you have seen hurt or hinder people in your relationships? In Topeka?
10. What lie do you think our enemy (satan) has been leading our culture to believe?

**End your group time in prayer.**