

MIND

April 21, 2024

MESSAGE RECAP

This week's message builds on the theme of self-awareness and transformation of the mind to break cycles of self-sabotage. It starts with understanding there is an inner dialogue around your decisions (Romans 7:15-20). What would happen if we decided to find ways to break the cycle of self-sabotage and confront our thoughts? This week we looked at three ways that we can go to work on every thought we have and love God with "all your mind" (Mark 12:30).

GROUP DISCUSSION

1. How are your thoughts...really?
2. After listening to the message, what stood out to you? Was there one question mentioned in the message that you thought about most?
3. Read Romans 7:15-20. In what ways do you identify with Paul's inner dialogue? Why do individuals struggle to acknowledge their responsibility for their actions and decisions, especially when they lead to negative outcomes?
4. Renewing the Mind: "Don't believe everything you think." Read Romans 12:2. What practical steps can we take daily to renew our minds according to God's truth, counteracting the negative influences of society that often shape our thoughts and behaviors?
5. Guarding Against Mental "Garbage": Read Proverbs 15:14 (NLT). What garbage can you identify in your own life?
6. Taking Every Thought Captive: "Pick a fight with your thoughts." 2 Corinthians 10:4-5. Share a personal experience or technique that has helped you confront and overcome negative thought patterns or strongholds.
 - Talk about C.D.R.R. – How could you try this with?
 - C: Clarify the Issue
 - D: Discuss Openly
 - R: Repent Sincerely
 - R: Repeat Constantly
7. Read Romans 7:24-25. Thank God for the work of Jesus. Let's encourage one another to apply these principles as a group to break free from self-sabotaging behaviors and embrace the abundant life God desires for us.