



COMMUNITY GUIDE

February 19, 2023

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WEEKLY APPLICATION

TAKEAWAY: How we think, shapes our lives.

HEAD CHANGE: I have a choice as to which thoughts I will allow myself to think on.

HEART CHANGE: I will allow the truth of God's word to fully absorb into my heart.

LIFE CHANGE: I have the power of God in me to choose my thoughts.

OVERVIEW

Training Your Mind

Our mind, when left unattended, is being trained by the world whether we realize it or not. Everything we see, hear, and experience is training us to think a certain way; "This is how I should look", "This is what success looks like", "This is what will make me happy". And the more we consume the content we are engaging in, whether healthy or unhealthy, the more we will create deeper neural pathways in our brain to continue to believe the thoughts we are believing. In Romans 12:2, the Apostle Paul gives us the solution to creating new, consistently truthful, and healthy neural pathways. It is what Paul calls "renewing your mind". It is in the process of renewing our minds that we experience what Thomas A. Kempis called, "...a family friendship with Jesus." That is what we are after together.

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.

Then you will learn to know God's will for, which is good and pleasing and perfect."

-Romans 12:2 (NLT)-

DISCUSSION QUESTIONS

1. What stood out to you in this teaching? Why do you think that resonated with you?
2. Do you ever find yourself acting irrationally based on a lie you believe about yourself? If so, how?
3. What is the dominant stronghold in your life?
4. What are some truths from God's Word that you can write, meditate on, and confess to combat it?
5. When and where will you begin meditating (First fifteen) each day? As a group or with a friend, invite one another to encourage and hold each other accountable.

CLOSE IN PRAYER

Father, show me any weaknesses I have in my life as a result of believing a lie. Help me identify what truth from Your Word I can use to fight that lie. Give me wisdom as I create daily declarations and guide me as I begin the process of renewing my mind by spending time with you each day. In Jesus' name, Amen.

IN THIS TOGETHER!