



# COMMUNITY GUIDE

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## WEEKLY APPLICATION

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**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

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### I Have a Choice

In modern psychology a discipline has developed called cognitive behavior therapy. It teaches that many problems from eating disorders to relational challenges, addictions, and even some forms of depression and anxiety are rooted in faulty and negative patterns of thinking. Treating these problems begins with changing what you think. Proverbs 23:7 says, "For as he thinks in his heart, so is he." In other words, how we think, shapes our lives. Both science and scripture teach us that our lives are moving in the direction of our strongest thoughts. That is why this is so important.

*"We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ."*

-2 Corinthians 10:5 (NLT)-

## DISCUSSION QUESTIONS

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1. What stood out to you in this teaching? Why do you think that resonated with you?
2. 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 about your destination?
3. What stronghold is holding you back? What negative statement do you say about yourself, and how does it affect you?
4. What truth demolishes that stronghold? How can you replace that negative statement with truth from Scripture?

## CLOSE IN PRAYER

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Father, reveal to me any lies that I am believing about myself, others, or You. Help me replace those lies with Your transformative, healing truth. Renew my mind. Transform my thoughts. And make me more like You today and every day. In Jesus' name, Amen.

**IN THIS TOGETHER!**