



COMMUNITY GUIDE

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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

Change Your Thinking, Change Your Life

Do you ever look at what is going on around you and wonder how to escape the negativity? Maybe it's not your circumstances that need to change—it's your mindset. Most of life's battles are won or lost in the mind. The enemy knows this. The enemy will tell you that change is hopeless, that you are a victim of your circumstance and of your thought patterns. He will tell you to settle and find a way to just survive and be somewhat happy. He will urge you to accept that, "this is just who you are" and that your thinking is rooted too deeply in your personality or upbringing to ever make a shift. Your first objective is to capture the thought – to face that defining and destructive thought and interrupt it. Easier said than done, but with God's help, it can easily be done.

"Put on all of God's armor so that you will be able to stand firm against all strategies of the devil."

-Ephesians 6:11 (NLT)-

DISCUSSION QUESTIONS

1. Which part of this message was most impactful for you and why?
2. Would you say you tend to have a more positive mindset or a negative one? How could you start training your mind to look for God in every situation?
3. Share about a time when you saw Jesus bring meaning and purpose to your pain.
4. Take some time to identify the prevailing lie in your life. Now, take some time to identify God's truth that combats and defeats that lie. Create an "I choose" statement. If you are willing, share your "I choose" statement with a friend or your spouse?

CLOSE IN PRAYER

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!