






COMMUNITY GUIDE

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WEEKLY APPLICATION

TAKEAWAY: The greatest spiritual battle of our generation is being fought in our minds.

HEAD CHANGE: We have between 12,000 to 60,000 thoughts per day, with 80% being negative and 95% repetitive from the previous day.

HEART CHANGE: Our thoughts shape our emotions, which determine our behavior and impact our relationships.

LIFE CHANGE: We have the power to choose our thoughts and interrupt negative patterns of thinking.

OVERVIEW

In our journey of faith, we often find ourselves in a constant battle within our minds. This message delves into the profound truth found in Romans 7, where Paul candidly shares his struggle with doing what is right. We're reminded that we have between 12,000 to 60,000 thoughts racing through our minds daily, with a staggering 80% being negative. The core lesson here is that our lives move in the direction of our strongest thoughts. Just as we would remove a bird that's flown into our home, we must actively work to remove negative thoughts from our minds. The enemy, described as the father of lies, targets our thought life. But we have a choice - we can capture these thoughts and make them obedient to Christ. By recognizing that we have this power of choice, we open ourselves up to the transformative work of the Holy Spirit. This message challenges us to examine our thought patterns and lean into the truth of God's word, reminding us that by God's divine power, we have everything we need for living a godly life.

“For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. For I do not do the good I want, but the evil I do not want is what I keep on doing. Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me. So I find it to be a law that when I want to do right, evil lies close at hand. For I delight in the law of God, in my inner being, but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members.”

Romans 7:18-23

DISCUSSION QUESTIONS

1. How have you seen the connection between your thoughts, emotions, and actions play out in your own life?
2. What are some common lies or negative thought patterns you've noticed in your own life or in society around you?
3. How can we practically apply Paul's instruction to "take every thought captive and make it obedient to Christ" (2 Corinthians 10:5)?
4. How does being in community help us identify and combat lies in our thinking?

CLOSE IN PRAYER

Lord, we thank You for the power of Your truth to set us free. Help us to be aware of our thoughts and to choose to align them with Your Word. Give us the strength to interrupt negative patterns and the wisdom to replace lies with Your truth. May our minds be transformed as we draw closer to You. In Jesus' name, Amen.

IN THIS TOGETHER!