

Winning the War in Your Mind

Train Your Mind

TALK IT OVER

Key Scriptures

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.

Romans 12:2 NLT

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Philippians 4:8 NLT

... if there is any virtue and if there is anything praiseworthy—meditate on these things.

Philippians 4:8 NKJV

I study your commands and reflect on your ways.

Psalm 119:15 NLT

I remember the days of old I ponder all your great works and think about what you have done.

Psalm 143:5 NLT

Start talking. Find a conversation starter for your group.

- Have you ever made an irrational decision that was self-sabotaging? Why do you think you did that?
- What do you think it means to "Train Your Mind." Does the idea bring up good thoughts or bad thoughts for you?

Start thinking. Ask a question to get your group thinking.

- Do you ever find yourself acting irrationally based on a lie you believe about yourself? If so, how?
- The lies we believe about ourselves are often rooted in childhood experiences. Have you experienced this in your own life? How has it affected you?
- Have you meditated on God's truth before? What was that experience like? How does meditating on God's word train our minds?

Start sharing. Choose a question to create openness.

- What is the dominant stronghold in your life?
- What are some truths from God's Word that you can write, meditate on, and confess to combat it?

Start praying. Be bold and pray with power.

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. In Jesus' name, amen.

Start doing. Commit to a step and live it out this week.

- Spend time in your LifeGroup creating some daily declarations based on Scripture. Challenge one another to share them with the group and commit to saying or meditating on them daily.
- Find a devotion plan about winning the war in your mind and complete one. The YouVersion Bible app has several you can choose from. Try "Don't give the enemy a seat at your table" By Louie Giglio "I declare war" by Levi Lusko or "Battlefield of the Mind" by Joyce Meyer