



Weekend Resources

October 25, 2026

Week 1 - The Battle for Your Mind

RECAP: In a world shaped by outrage, tribalism, misinformation, and endless noise, how do we learn to think clearly, live wisely, and love well? Discover how followers of Jesus can develop discernment, resist division, and adopt the mindset of Christ. The goal of the Christian life isn't simply to be right—it's to think like Jesus.

MAIN POINTS

- Information is not the same as wisdom. Access to endless facts does not automatically make us wiser, less divided, or better at discerning truth. Intelligence often serves as a tool to defend existing conclusions rather than investigate reality.
- Our Primitive Mind and Higher Mind are in constant tension. Technology advances exponentially, but human nature still carries ancient impulses like fear, ego, and tribalism. The Primitive Mind seeks self-preservation and comfort, whereas the Higher Mind seeks reason, reflection, and truth.
- Thinking happens across four distinct modes on the Ladder. Modes range from the Researcher (seeking objective truth), to the Sports Fan (rooting for an outcome), to the Attorney (assembling a case to prove a client right), down to the Zealot (treating beliefs as sacred identity).
- Christian discernment begins with love. Spiritual maturity requires knowledge and depth of insight guided by love, allowing us to hold convictions with humility without dehumanizing others.

GETTING STARTED

- Think about a time when you realized you were defending a position simply because it was "your team's" stance rather than because you had carefully researched it. How easy or difficult was it to admit you might be wrong?

SCRIPTURE

- [Philippians 1:9-11; 1:27; 2:5](#)

DISCUSSION QUESTIONS

- Read Philippians 1:9-11. Why does the Apostle Paul pray that love would abound in knowledge and depth of insight, and how does leading with love change the way we handle disagreements?
- Of the four rungs on "The Ladder" (Researcher, Sports Fan, Attorney, Zealot), which mode do you find yourself slipping into most often when discussing politics, culture, or faith?
- The message notes E. O. Wilson's observation that humans have "Paleolithic emotions, medieval institutions, and godlike technology." How do our primitive instincts (like fear and belonging) hijack our thinking in the modern digital age?

APPLICATION

- Question your certainty: Ask yourself this week, "What would it take to change my mind on this issue?" If the answer is "nothing," examine whether you are pursuing truth or protecting a position.
- Practice curiosity before reacting: Before responding to an argument, comment, or post that frustrates you, pause and ask one more question to understand where the other person is coming from.
- Check your rung: During daily conversations, pause to ask yourself: "Am I trying to understand, or am I trying to win?"

RESOURCES

- "We have Paleolithic emotions, medieval institutions, and godlike technology." (E.O. Wilson)
- The Four Modes on The Ladder (from Tim Urban's What's Our Problem?): The Researcher (seeks truth), The Sports Fan (roots for a team), The Attorney (defends a client), The Zealot (protects an identity).