

Small Group Study: Reset My Mind

“I Am What I Think About”

Have you ever heard of the concept “the power of positive thinking”? What is the thought behind this idea?

This idea did not originate in our modern culture. In fact, you could say that it is a biblical concept.

When David was attacked by his enemies, he tried to get his focus on something positive.

Read Psalm 27:3-4.

- What does this passage teach us about people?
- What does this passage teach us about God?
- What does this passage teach you about yourself?
- What does God want you to do?

In Mark 5 we read about a man who many thought was crazy. He was actually demon possessed. Describe what was going on with this man. (Mark 5:1-5)

Though we might not be demon possessed, what kinds of crazy ideas come to our minds? Think in terms of doing things that are sinful? Doing things our way rather than God’s way? Why would this be “crazy”? *(Also, note that the intent is not to say a person with a mental illness is demon possessed or to belittle people with mental illness.)*

Describe what happens when the man meets Jesus. (Mark 5:6-10) Who is doing most of the talking here? Why did the man run to Jesus and fall down before Him?

Read Mark 5:11-17. How did Jesus help the man? Why were the villagers up in arms? What did they ask Jesus to do? Why do you think they said that to Jesus?

What does this teach us about people?

What does this teach us about Jesus?

Read Mark 5:18-20.

Why did the man want to go with Jesus?

Why did Jesus tell him to stay? What did Jesus want him to do?

Do you think the man was effective? Read the following passages to discover the answer. (Mark 7:31; Mark 8:1-13)

How was the response to Jesus the second time He came into the region? Do you think this could have had anything to do with the witness of this man with a reset mind?

Do you need to reset any thing in your mind? How do you do this? Tim suggested for us to consider three things that might help. Discuss these as we close. Once we have met Jesus (He is the key)...

1. We can only think one thought at a time.
2. Choose for just one thought to think something good.
3. After the first good thought, string together more good thoughts.

Jesus can change us (reset our minds) one thought at a time.

PRAYER