

soundtracks

CHANGE YOUR THINKING, TRANSFORM YOUR LIFE

SERMON DISCUSSION GUIDE

Message Series // Soundtracks - Part 1 "I'm Afraid"
Message Date // September 12, 2021 (Scotty Priest)

BIG IDEA

As people, we think a lot. There are a ton of thoughts we entertain each day of our lives. Just like movie soundtracks that play in the background and set the tone for certain scenes, these thoughts can set the tone for our lives and even determine our life's direction. These thoughts can be good or bad, but if we aren't careful, they have the potential of doing amazing damage. For most of us, the soundtracks in our mind need to change. Romans 12:2 says, "*Do not conform to the pattern of this world, but be transformed by the **renewing of your mind.***" God wants to help us change the way we think so that the playlist that's looping in the background of our lives reflects His love and care for us.

"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." - 2 Corinthians 10:3-5

DISCUSSION

It's true that our lives are always moving in the direction of our strongest thoughts. What are some of the damaging and negative thoughts that have been a part of your life's soundtrack? (i.e. "I'm not good enough." "No one would like me if they knew the 'true' me.")

Read **2 Corinthians 10:3-5**. When it comes to the thoughts that we entertain, we have to realize that a lot of them are rooted deep in spiritual battle. This is why changing our thought patterns can have the power to transform our lives. In these verses, one of the things the Apostle Paul challenges us to do with our thoughts is to take them "captive". Have you ever really dove into your thought patterns, the loop of your soundtracks, and processed where they originated? Have you been able to sift through which ones are from Satan and which ones are from the Lord? What do you think Paul means by taking "captive" our thoughts?

So how do we move forward with a different soundtrack? There are 4 steps we can begin to take when it comes to changing our thought processes. They are...

- RETIRE - Retire your broken soundtracks with what is true, helpful, and kind. (**Philippians 4:8-9**)
- REPLACE - Replace them with better ones based on the Bible and the voices of healthy people.
- REPEAT - Repeat them until they are as automatic as the old ones.
- RECEIVE - Receive the power that God wants to give you as you fight the spiritual battle in the mind.

Have you ever tried any of these steps when it comes to changing your soundtrack? Which step do you find the most difficult to pursue? Which one do you need to start practicing?

NEXT STEPS

One of the weapons we have to harness the divine power that demolishes strongholds (**2 Corinthians 10:4**) is Scripture. Take the next step this week by committing to read these 5 verses, and if you want, to memorize them.

- **2 Timothy 1:7. Philippians 4:6-7. Isaiah 26:3. Psalm 4:8. Isaiah 41:10.**