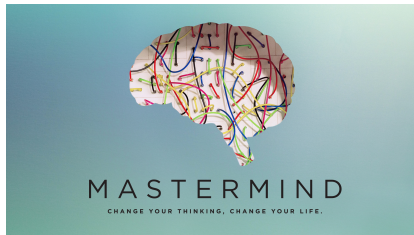


FROM THE BIBLE
Proverbs 23:7a (NKJV)
Romans 12:2 (NLT)
2 Corinthians 10:3-5 (NIV)
Philippians 4:8 (NIV)

MESSAGE TO CONVERSATION GUIDE

Week 1 | It's All In Your Head...

1. In this message, we started out by thinking back to when we were kids & what we wanted to be when we grow up. Do you remember how you used to answer that when you were a kid?
2. Joel told a story about his dog Eli, who can jump up on things higher than their bed, but in his dogs mind, he can't jump that high, so his dog believes that & doesn't even try to jump up there. He then tied that story to this principle, *your thought life eventually becomes real life*. How'd that happen with Eli & hows that happen with us?
3. Read Proverbs 23:7a (NKJV). Does it surprise you that the Bible reinforces this idea that *if we think we can't - we probably won't; if we think we can - we probably will?* Do you think this is generally true?
4. In this message, Joel said *your mind is in a battle between God's truth about you & Satan's lies to you*. What are some examples of *God's truth* vs. *Satan's lies*?
5. Are you excited about where your thoughts are taking you? Any examples?
6. Read Romans 12:2. What do you it means to *let God transform you...by changing the way you think?*
7. In this message, Joel asked us to *name our biggest negative thought* then to *fight it with God's truth*. Are there any general areas you struggle with negative thoughts & what would you like to replace them with (don't feel pressure to be specific)?
8. Read 2 Corinthians 10:3-5. Paul tells us to *take captive* every thought. The Greek language for *take captive* literally means to capture with a spear or sword. This is a clear reference to another passage which talks about *the sword of the spirit* which is God's Word (The Bible). How can the Bible help us *take captive* our thoughts.
9. In this message, Joel used an illustration with headphones where the point was *it's time to unplug from your negative thoughts in your head & plug into God's thought in the Bible*. How could regular Bible reading help you with this?
10. What did you find most helpful about this message & conversation?



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