



## Week 1 Study Guide

Message Title: Master Your Mindset

Scripture Focus: Romans 12:2

**Master Key:** *A mind reset begins with awareness, and awareness unlocks transformation.*

### 1. Expose the Patterns

**Quote:** “You’re not losing to people, you’re losing to patterns.”

**Question:** What is one pattern of thinking that you’ve begun to notice in your life that may be shaping how you respond to God, people, or yourself?

### 2. Reveal the Entry Point

**Quote:** “The mind is not just a processor, it’s a gatekeeper.”

**Question:** When you think about your current mental battles, what are some sources (music, memories, media, voices) that may have served as open gates?

### 3. Acknowledge the Agreement

**Quote:** “Desire became deception. Deception became agreement. Agreement became identity.”

**Question:** Is there a false belief or lie you've silently agreed with that needs to be broken? What would it look like to replace it with truth?.

## 4. Apply the Master Key

**Quote:** "Awareness unlocks transformation."

**Question:** What's one area of your mind where you're becoming more aware, and what step will you take this week to shift that thinking?