

WINNING THE WAR IN YOUR MIND
Part 2: Take Back Your Mind

Objective: To challenge us to develop the habits of reading and meditating on Scripture.

Do not conform to the pattern of this world but be transformed by the renewing of your mind.

Romans 12:2

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things

Philippians 4:8

I meditate on your precepts and consider your ways.

Psalms 119:15

... I meditate on all your works and consider what your hands have done.

Psalms 143:5

- Do you ever find yourself acting irrationally based on a lie you believe about yourself? If so, how?
- The lies we believe about ourselves are often rooted in childhood experiences. Have you experienced this in your own life? How has it affected you?
- Have you meditated on God's truth before? What was that experience like?
- What is the dominant stronghold in your life?
- What are some truths from God's Word that you can write, meditate on, and confess to combat it?

Consider this week:

- Spend time in your creating some daily declarations based on Scripture. Challenge one another to share them with the group and commit to saying or meditating on them daily.

Final Thought: Renewing your mind will happen as you meditate on the Word of God. Take some time this week to mediate on the truths of scripture.



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