



Week Three: Renew Your Mind

MAIN SCRIPTURE:

The man answered, "You must love the Lord your God with all your heart, all your soul, all your strength, and all your mind.' And, love your neighbor as yourself.'" Luke 10:27

WARM UP

- What stood out to you from the message? (idea, story, Scripture, etc.)
- Poll your group: As you understand these concepts now, which is the easiest/most difficult for you?
 - Love the Lord with all your heart.
 - Love the Lord with all your soul.
 - Love the Lord with all your mind.
 - Love the Lord with all your strength.
 - Love your neighbor as yourself.

Thought #1 – Loving the Lord with all your mind is tough.

Verses: Philippians 4:2-9

- When it comes to your thought life, what culprits (types of thoughts) typically take your mind hostage?
- Pastor Kevin said, "We find ourselves in conflict with someone and it consumes us...a relationship gone south takes our minds south. We find ourselves in conflict with something...or a pile of "somethings" that consume us...they take our mind and own us. Anxiety goes up and peace goes down." Can you relate? Tell your story - Tell of a time in your life when your mind was

consumed by thoughts, anxiety, fear, or worry. What was the circumstance? How did you get through it? Looking back on this difficult season, what do you wish you had done differently.

Thought # 2 – Work on your thought life.

Verses: Philippians 4:8, 2 Corinthians 10:3-5

- Give a couple of examples or scenarios explaining how someone might take a thought captive and make it obedient to Christ.
- When it comes to re-training your own self-talk or adjusting your thought life, what are some common tips or habits that have worked for you? Share with the group.
- In your opinion, for those who choose to wage war against their destructive thought life, what do you imagine the result would be?
- For those who fight this fight in the power of the Holy Spirit, what will the result be?

Thought #3 – Steps to take.

Verses: Philippians 4:8, Romans 8:5-6

- If God were to filter your thoughts, which thoughts would He say would be the first to go?
- Tell your story – Tell of a time in your life when you allowed someone to completely take control of a matter or to make a decision for you. What led you to relinquish your control over to them? What might be the result if you relinquish your thought life over to the control and power of the Holy Spirit?

Thought #4 – The Holy Spirit can help us filter our minds.

Verses: Romans 12:2

- If you had the time and unlimited resources and could only remodel one room in your

