

## ADD, FOLLOW, BLOCK, SHARE, PART 1: MIND CONTROL

Ever asked God to help you? Sure you have. What might surprise you is the response you find in scripture to that prayer. Practical help for your life might be closer than you think, and a little more uncomfortable than you think.

**BIG IDEA: Whatever controls your mind controls your life.**

### DISCUSSION QUESTIONS

1. If someone was to audit your thought life, what are a few subjects that would come up frequently?
2. In the message, Chris said that we used to own our devices, but it seems like these days they own us. What's been your experience with technology?
3. *With your Bible or YouVersion, read Psalm 101.*

*A psalm of David.*

*I will sing of your love and justice, LORD. I will praise you with songs.*

*I will be careful to live a blameless life—when will you come to help me?*

*I will lead a life of integrity in my own home.*

*I will refuse to look at anything vile and vulgar.*

*I hate all who deal crookedly; I will have nothing to do with them.*

*I will reject perverse ideas and stay away from every evil.*

*I will not tolerate people who slander their neighbors. I will not endure conceit and pride.*

*I will search for faithful people to be my companions.*

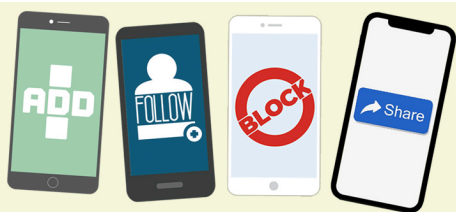
*Only those who are above reproach will be allowed to serve me.*

*I will not allow deceivers to serve in my house, and liars will not stay in my presence.*

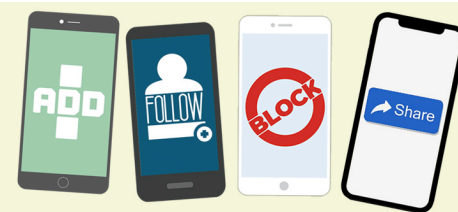
*My daily task will be to ferret out the wicked and free the city of the LORD from their grip.*

*Psalms 101:1-8 (NLT)*

4. What verses surprise you? Does anything strike you as 'unChristian'?
5. The research quoted in the message certainly raises the alarm bells for parents and teens. To quote Jean Twenge from San Diego State University, "All screen activities are linked to less happiness, and all non-screen activities are linked to more happiness." What are you noticing about a correlation between screen time and happiness? Or screen time and other factors in your life?
6. Do you know people who seem to be victims of their influences? What advice would you give them?
7. Chris said that while it can be hard to control what you think about, you can surrender your thoughts. Are there any thoughts in particular you need to surrender?



**BOOSTING THE GOOD AND  
DELETING THE TOXIC  
FROM YOUR LIFE**



## MOVING FORWARD

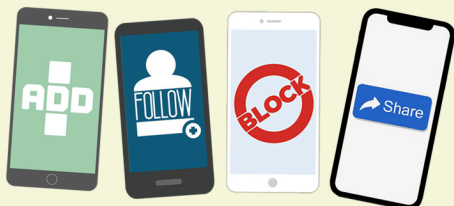
Name one negative thought or influence in your mind that you'll reject and hand over to God by renouncing and surrendering every time you think about it.

Name one godly influence you need more of in your life. Figure out how to spend more time exploring that influence.

## CHANGING YOUR MIND

"I will reject perverse ideas and stay away from every evil."

Psalm 101:4 (NLT)



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