

Voices

Mind Shift

June 28th, 2026

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OPENING QUESTION

Who is someone (online or in real life) that has a lot of influence on you right now—and how do you think they're shaping you?

SCRIPTURE READINGS

John 10:3-4, 27

Hebrews 4:12

2 Timothy 3:16-17

KEY TAKE AWAY(S)

God's word must be the loudest voice in your life.

Don't trust what feels right.

Decide today who has the final say in your life.

QUESTIONS

God's word must be the loudest voice in your life.

1. Read John 10:27 –

Looking at your last week, what voice (news, social media, friends, work, etc.) was actually the loudest in your life? What is one practical change you could make so God's voice in Scripture is louder than that this week?

Don't trust what feels right.

2. Read Jeremiah 17:9 –

Can you share a time when "following your heart" or doing what felt right would have led you in a bad direction, but God's word or godly counsel corrected you? How did that experience change your trust in your own

feelings versus God's truth?

Decide today who has the final say in your life.

3. Read Luke 22:42

What is one area of your life right now (relationships, money, schedule, future plans) where your will and God's will might be in tension? What would it look like, very practically, to say 'not my will, but yours be done' in that specific area?

PRACTICE

“One Verse, One Voice”

Goal: Train yourself to let God's word have the final say over your thoughts and feelings.

Step 1 – Choose one verse for the week (do this as a group):

Pick **one** of these together and everyone uses the same verse all week:

John 10:27 – “My sheep listen to my voice; I know them, and they follow me.”

Hebrews 4:12 – “For the word of God is living and active...”

2 Timothy 3:16 – “All Scripture is God-breathed and is useful...”

Luke 22:42 – “Yet not my will, but yours be done.”

Step 2 – Put it where you'll see it.

Sometime in the next 24 hours, everyone does this:

Write the verse on a **sticky note** or **note card**.

Put it in **one place you look often** (bathroom mirror, fridge, computer screen, dashboard, etc.).

Step 3 – Use it in real time (this is the main practice).

Every time during the week you:

Feel stressed, angry, tempted, confused, or

Notice you're about to be influenced by another “voice” (social media, news, a strong opinion)

Pause for **10–20 seconds** and:

Read the verse out loud (or quietly if you're in public).

Ask this simple question:

“If this verse had the final say right now, what would I do or think differently?”
Try to take **one small action** that lines up with the verse (a different thought, a different response, a different choice).

CLOSING PRAYER

Lord, thank You for Your living and active Word that still speaks to us today.
Teach us to recognize Your voice above every other voice and to surrender our will to Yours.
Give us grace this week to obey what You say, even when it's hard, and to be shaped more into
the likeness of Jesus.