

Connect Group Discussion Guide – 2/18/2024

Mindset Week 2 – 2 Corinthians 10

Video Link: <https://www.youtube.com/channel/UCQvR0S5fB8AzraGYts4eQfg> (Posted on Monday)

Audio Only: On Spotify or Apple Podcasts: Connection Point Podcast

Highlights

- Recap
 - Week 1: The outcomes of our life have a lot to do with the way we think.
 - Week 2: The presence of God has the power to transform what is going on inside of us.
- Mashup: The outcomes of our life can be transformed as God's presence gives power to change our mindset.
- But it can't be that simple.... (And it isn't) Paul calls it WAR. The way we operate on the inside (our mindset) is war.
- **2 Corinthians 10:3-4** We don't wage war as the world does; we aren't citizens of the world!
 - The weapons we need to use are different from the ones the world uses.
 - Our weapons are God's weapons; they have divine power.
- The weapons of the world build strongholds (a stronghold protects what's inside it) that keep the thoughts/mindset of the world safe.
 - The weapons of the world build strongholds through the mindset and practice of actively living as if we are in control of our own lives.
 - Keeping safe things like success, looking good, etc. Things that tell you you'll have an amazing life. That you did it, not God.
 - This mindset elevates yourself to God status.
 - But God's weapons demolish these strongholds. They have power.
- **2 Corinthians 10:5** Demolish: remember we're at war and must demolish those thoughts that move us away from Jesus.
 - Take captive, you have to defeat those thoughts that move you away from Jesus before you can take them captive.
 - To take captive you have to turn your mind over to Jesus
 - Every thought, not just the bad ones.
 - Everything that goes through your mind belongs to God.
- **2 Corinthians 10:6** We can't wait for Jesus to change things to change our mindset. We have to move toward Jesus (complete obedience).
 - We tend to focus on the one thing that we believe keeps us from Jesus: that one sin, that one trait, that we think is bad.
 - By focusing on that one thing we are putting the focus on us; it's disobedience.
 - Keep your eyes on Jesus and move toward Him.
 - **Disobedience is a welcome mat for the enemy to make himself at home in your thought life!**
 - This can happen without acknowledging it as sin.
- Have you ever said, "I'm sure God didn't like what I just thought but I'm doing the best I can."
 - If you're not taking your thoughts captive, it's not your best.
 - If you're not moving toward Jesus, it's not your best.
- We take every thought captive because we are not capable of discerning wrong thinking in real time.
 - We take them all captive because we can't trust them. In real time we make excuses.
- **How do we take our thoughts captive?**
 - **We hand over everything we think to Jesus. Take inventory.**

- **Slow down and get quiet.**
 - What thoughts keep reappearing?
 - What thoughts produce strong emotions?
 - What thoughts seem to be controlling you?
 - Where do I keep making excuses for my thoughts or behaviors?
- Do this every week and your thought life will improve.
- Are your answers consistent with how God sees you and who He is calling you to be, If not, wrestle it out.
- **Say something; first with God, then with a trusted friend, a Stephen Minister, or a counselor.**
- **Allow God's Word to permeate you total worldview and change your mindset.**
 - Pray: "I don't want You to change just the bad things in me. I want you to change me."
 - When you submit your life to the Lord He wants to change everything.
- **Romans 8:6 (NIRV)** The thoughts of a person ruled by sin bring death. But the mind ruled by the Spirit brings life and peace.
 - Move toward Jesus!

Car conversations

1. **What makes slowing down are thoughts so difficult?**
2. **How can we decide what thoughts we should keep and what needs to change?**

This isn't surgery for our sinful thoughts, it's a filter for every thought.