

# Connect Group Discussion Guide – 2/4/2024

## Mindset Week 1

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

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

### Highlights

- The outcomes of our life have a lot to do with how we think.
- Why do we think what we think?
- The battle in the mind started in the Garden.
  - **Genesis 2:16** God is saying, “if you just trust me, you’ll be fine.”
  - **Genesis 3:5** Satan is saying, “God is keeping things from you.”
    - In this moment, Eve has to wrestle this conflict in her thoughts
    - We sometimes say, “if God really loves me, He’ll do... He’ll respond in a certain way. **Have you ever played out that conflict in your thoughts? How did it work out?**
  - **Genesis 3:6** Eve had all sorts of thoughts about the fruit before she bit it (good for food, pleasing to the eye, desirable for gaining wisdom)
    - Once she justified it, her thoughts gave her permission to eat it.
    - It makes her see God differently: “See, God IS holding things from me.”
    - **When have you changed the way you see God because of the way you’re thinking about something?**
  - The first sin of all humanity was a thought, not an action.
    - Every sin we commit is a thought first.
    - Every sin we commit does not always turn to action.
    - We often can’t control what goes into our thoughts, but we do have control over how long it stays there.
    - Our human response is “Yeah but...” (it didn’t hurt anyone, etc.)
- **Genesis 6:5** – God sent the flood (Noah) because “every inclination of the THOUGHTS of the human heart was only evil all the time.
  - God SEES every thought that races through my mind.
- **Colossians 3:1** heart = lev = what you think about and have desire for
  - Things above – think the way God does; see the world the way God sees it
- **Colossians 3:2-3** mind – where you learn, gain knowledge
- **Our minds can change.** We can see our minds differently to move in a new direction.
  - If you say, “that’s the way I’m wired,” you’re blaming God for an untruth. It’s not the way He created you.
  - **See yourself the way God sees you.**
    - **What do you believe about the way God sees you?**
    - How?
      - DEFEAT the Enemy’s attack on your mind.
        - We don’t do it by asking God to take it away without choosing to fill it back up with God. If He takes it away and we don’t replace it, our mind is empty and the enemy comes back in seven times stronger (See Luke 11: 24-26)
      - TAKE CAPTIVE every thought.
        - Our thoughts have to slow down and use discernment to see if those thoughts stay.
      - DEFEND our minds from future attacks

- Think about what is true, noble, right pure, lovely, admirable, excellent, praiseworthy... (See Philippians 4:4-9)
- What does God think about when He thinks about you?
  - **Matthew 10** – you are worth more..
  - **Ephesians 2:10** - you are God's handiwork, and people are proud of their handiwork
  - **1 Timothy 2:3-4** – He wants all people to be saved
  - **Joshua 1:9** – He will be with you
- **Now that you know this, what do you think about Him>**
- **What did you hear about how God sees you?**
- **How does that change how you see yourself?**

**The Bottom Line: Our mindset matters to God, which means it MUST matter to us.**