



LIFEgroup STUDY GUIDE

What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP).
2. A Bible or Bible APP to refer to verses.

PURSUING LIFE TOGETHER

SUNDAY MESSAGE REVIEW

NOTE to the LIFEgroup Leader: This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

OPEN IN PRAYER

STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

CLOSE IN PRAYER

WINNING THE WAR IN YOUR MIND

“Offense-ive Thinking”

“Defense wins Championships”

Offense-ive Thinking

“For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ...”

2 Corinthians 10:3-5 (ESV)

“Our lives are always moving in the direction of our strongest thoughts. What we think shapes who we are.”

- Craig Groeschel

We need to think about what we think about

“God will never define you by your past issues, but the enemy will try to confine you by them. Becoming who God wants you to be starts with your thoughts.”

- Tony Evans

In a 16 hour day, the average person had about 500 unintentional or intrusive thoughts that lasted about 14 seconds = roughly 2 hours!

We need to stop feeding our mind junk food!

The Law of Exposure - our minds think about, process and attract whatever it is most frequently exposed to.”

3 Truths about the Law of Exposure:

1. Whatever enters our mind repeatedly shapes our perception and reality.
2. Our mind will absorb and then it will reflect whatever it gets repeatedly exposed to.
3. Whatever we entertain is shaping our mind, our character, and eventually our future.

What are we conscientiously inviting to enter into our thoughts by way of our entertainment?

“Finally brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

Philippians 4:8 (ESV)

We need to ruminare on the Word of God!

“...putting on the belt of truth and the body armor of God’s righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.”

Ephesians 6:14-17 (NLT)

Friends, we cannot successfully combat the lies of the enemy if we don’t know God’s Word!

“Study this Book of Instruction continually. Meditate (ruminare) on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.”

Joshua 1:8 (NLT)

Homework Assignment:

Identify a truth(s) from the Bible that will replace a lie of the devil.

1. Write it
2. Think it.
3. Confess it.
4. Til you Believe it