



Inside Out Week 3 Change Your Mind – Sunday June 21, 2026

LIFEgroup Discussion Guide

Icebreaker Questions:

1. What is a song you discovered you had been singing with the wrong lyrics?
2. How did you find out the lyrics were wrong, and what was your reaction?

LIFEgroup Lesson

Discussion Questions

1. What thoughts, or what Paul calls "strongholds," are you aware of that negatively impact the way you feel or interact with the world around you?
2. Read 2 Corinthians 10:3–5 aloud together as a group. What stands out to you about what Paul is saying in this passage?
3. In Mark 1:15, Jesus tells the people to "repent and believe." Kimberlee explained that the Greek word for repent, *metanoeo*, means to change the direction of your mind, thoughts, or perceptions. How is this different from simply thinking positively?
4. When you first came to believe in Christ, how did your thinking begin to change or be transformed?
5. What "replace it" thought or Bible verse has helped you realign your thinking with who you are in Christ?