



PRAYER: Gracious God, we look forward to the future with great anticipation because we know we're going to be better prepared. Unclutter us now as we labor to master our minds in the way you have us to. Forgive us for all the times we believed things simply because we thought them. Forgive us for the times we've allowed garbage into our minds. Help us to never stop learning. Remind us to spend time with you every day to renew our mind with your Word. In our time with you, stretch our imagination. Give us your dreams. Give us your vision. Give us your goal and your plan and your purpose for our lives. In the name of Jesus, we pray. Amen.

ICEBREAKER: Share one highlight and one low point from this past week.

MESSAGE RECAP: Did you know there's an invisible war going on inside you all the time? It's the battle for your mind. Whatever captivates your mind owns you. Strongholds of deception, worry, envy, jealousy, pride, and pettiness must be dismantled and overcome if we are to unclutter our mental landscape. How do we make our minds---mind? How can we take our thoughts captive and bring them into submission to Christ? That's our focus today.

SCRIPTURE: Read 2 Corinthians 10:3-5 (NCV)

DISCUSSION:

1. **What was your biggest takeaway from the message?** What's one thing you learned? What questions came to mind as you listened to the message today? What points did you find most insightful? How did the message challenge you?
2. **DON'T BELIEVE EVERYTHING YOU THINK.** Look at Jeremiah 17:9. How is our heart described? What does 2 Corinthians 13:5 say we should do about this condition? Just because we think something, it doesn't mean it's true. Do you agree? Disagree? Why? Share examples of when you've thought something that wasn't true.
3. **GUARD YOUR MIND FROM GARBAGE.** Proverbs 15:14 and Psalm 101:3 give us ideas about what we should seek and what we should avoid. What are these? Read Philippians 4:6-8 together. These verses give us two tools for guarding our minds from garbage. Discuss ways to pray about everything and focus your thoughts on what is true.
4. **NEVER LET UP ON LEARNING.** There are five things God want us to learn. These things build on one another: knowledge (Hosea 4:6), perspective/wisdom (Isaiah 55:8; Psalm 103:7), conviction (1 Thessalonians 1:5), character (2 Corinthians 3:18), and skills (Ecclesiastes 10:10). In Ecclesiastes 10:10 we learn the value of working smarter, not harder. What does it say



about trying to cut something with a dull ax? Give an example of a time when you were able to do something more efficiently as a result of something you learned.

5. **RENEW YOUR MIND DAILY WITH THE WORD.** In Romans 12:2, what does Paul teach us about our mind and why? In Isaiah 26:3, we are promised “perfect peace” when we choose to “fix” our thoughts on God. Share with your small group how you begin each day and how that influences the rest of your day.
6. **STRETCH YOUR IMAGINATION.** Read Acts 2:17. What does God promise to do and for whom? It's been said that nothing happens until someone starts dreaming. What would you do if you knew you couldn't fail? We are most like Christ when we are being creative. How can we train our minds to see the unseen, or to see with the eyes of the heart?

CHALLENGE: What is one “a-ha” moment you had in our group discussion today. Note it and write it down. If you applied your learning from this week's message, how would the next week be different for you?

SERVE: How is God calling us to live out this message this week? As individuals? As a group?

ANNOUNCEMENTS: Take this time to share group announcements. Church wide and campus specific announcements can be found at www.myspbc.org. You can also “find, follow and like” our Facebook page at www.facebook.com/myspbc. Turn on your notifications.

CELEBRATIONS: Take this time to share praise reports (e.g., answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS AND PRAYER: Take this time to share prayer requests. Close with prayer.

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Welcome!

SERIES: CLUTTER

Today's Message: *Unclutter Your Mind*
Dr. Lance D. Watson, Senior Pastor

We Care!

A large, solid red heart is positioned behind the text 'We Care!', with the heart's center overlapping the letter 'e'.

NOTICE: PLEASE BE PATIENT AS WE GRADUALLY REOPEN OUR CAMPUSES IN THE SAFEST MANNER POSSIBLE. As a small group leader, we depend on you to show members that we care. Here's a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472
EMAIL: prayer@myspbc.org.

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)
EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177
EMAIL: Barnabas@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory

EMAIL:

- Imagination (0-10): Vernita Williams: Vernita.Williams@myspbc.org
- SMB (11-19): Martina Jones-Smith: Martina.Jones-Smith@myspbc.org
- Dreamchasers (20-29): Juan Shackelford: juan.shackelford@myspbc.org
- Aspire (30-39): Lance Watson, Jr.: lance.watsonjr@myspbc.org
- Fusion (40-49): Michelle Townsend: michelle.townsend@myspbc.org
- Encore (50-59): Jamie Duncan: Jamie.Duncan@myspbc.org
- Prime Time (60-69): Maceo Freeman: maceo.freeman@myspbc.org
- Refiners (70+): Roscoe Jones: roscoe.jones@myspbc.org

FOR COUNSELING:

CALL: 804.643.6177
EMAIL: Barnabas@myspbc.org

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)
EMAIL: ecare@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000
EMAIL: emergencyassistance@myspbc.org.

GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study. Previous GPS Guides are available online at www.myspbc.org.