

THE SAINT PAUL'S BAPTIST CHURCH
GROW | PRAY | SERVE



WWW.MYSPBC.ORG • 804.643.4000

Welcome!

SERIES: YOUR FUTURE SELF WILL THANK YOU

Today's Message: Master Your Mindset

Dr. Lance D. Watson, Senior Pastor

PRAYER: Gracious God, empower us now to get our minds right that we might think thoughts after you. In the name of Jesus, we pray. Amen.

ICEBREAKER: What is the best, most memorable moment from your childhood?

INTRODUCTION: If we could predict the future, do you think we would change our daily habits? Do you think we would invest in different things? If we could see the future results of our present efforts, we'd make far better decisions. This is no secret—God wants you to become all God created you to be. However, to become all that God created us to be, we have to make some choices and decisions to participate with God in the process. Your Future Self will thank you.

SCRIPTURE: Read Romans 12:1-2 (NIV)

DISCUSSION:

1. What stood out in today's message? To master your mindset requires three steps. Freeing your mind from strongholds that keep us from developing a strong relationship with God; feeding your mind with truth through God's word; and finally focusing our mind on things that are pleasing to God. Which one of these steps speaks to you most right now?
2. 2 Corinthians 10:3-5 reads: *For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.* A stronghold is way of thinking that may contain a bit of truth, but still leads us away from the truth of God and a life of flourishing. Can you think of any strongholds you have seen in the lives of people you love? In your own life? What does the scripture instruct us to do with them?
3. 2 Corinthians 10 says, "We don't wage war as the world does." The Message translation says, "It's a dog-eat-dog world out there. The world doesn't fight fair." How does the world wage war and how are Christ followers called to be different in this regard?
4. Once we have freed our thoughts and mind of the strongholds that hold us back from God, we need to fill our mind with something true or those old strongholds will find their way back. What are some positive ways we can feed our mind?

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5. A transformed mind for Christ needs to be focused. We can do this by filtering what we think about The books and magazines we read, the movies or TV shows we watch, or dwelling on things from our past. God gives us instructions for filtering what we set our minds on. How might we focus on what is good and lovely, without becoming naïve to the real problems we have in our lives?

CHALLENGE: Think about what you think. Where did your thoughts come from? What would it be like to think differently about relationships? Finances? Health? Challenge yourself this week to expand the narrative of your life. What thoughts do you have that need to be “taken captive?” What thoughts do you have that need to be “set free?” Stretch your mind and your opinion.

SERVE: Pray over Romans 12:1-2 this week. **Praise** God in advance for transforming thoughts. **Listen:** when you are quiet before God, it is amazing how clear things become. **Respond.** Write it down, live it out, give God praise!

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 facebook.com/myspbc. Turn on your notifications.

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

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

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We Care!

NOTICE: DUE TO THE COVID-19 CRISIS, ALL OF OUR CAMPUSES ARE PHYSICALLY CLOSED AT THIS TIME UNTIL FURTHER NOTICE.

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.

FOR COUNSELING:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)

EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)

EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000

EMAIL: emergencyassistance@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR/DIRECTOR:

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 (SMB: Martina.Jones-Smith@myspbc.org)
- Dreamchasers (20-29): Curtis Ballard (curtis.ballardjr@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+): Wallace Simms (Wallace.Simms@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.