

## Life Group Questions and Message Notes

1. What are the destructive thought patterns you have?
2. Do you have a plan when destructive thoughts start to take over your thinking?
3. If you see someone who has fallen into shark infested thinking...how can you help them?

### **Shark-Infested Thinking – Breaking free of Destructive thought patterns & Renewing your mind**

**Pastor Kerry Shook - August 28th, 2022**

*“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”*

Romans 12:2 (NLT)

- **CHANGE YOUR FOCUS FROM YOUR OVERWHELMING PROBLEM TO YOUR ALL POWERFUL GOD**

*“David replied to the Philistine, “You come to me with sword, spear, and javelin, but I come to you in the name of the Lord of Heaven’s Armies—the God of the armies of Israel, whom you have defied. Today the Lord will conquer you, and I will kill you and cut off your head. And then I will give the dead bodies of your men to the birds and wild animals, and the whole world will know that there is a God in Israel! And everyone assembled here will know that the Lord rescues His people, but not with sword and spear. This is the Lord’s battle, and He will give you to us!”*

1 Samuel 17:45-47 (NLT)

- **CHOOSE TO BELIEVE THE TRUTH EVEN WHEN YOU CAN’T SEE IT**

*“Then you will know the truth, and the truth will set you free.”* John 8:32 (NIV)

*“...we take captive every thought to make it obedient to Christ.”* 2 Corinthians 10:5 (NIV)

- **DON’T LET DISCOURAGERS LIVE RENT FREE IN YOUR HEAD**

*“But when David’s oldest brother, Eliab, heard David talking like that, he was angry. “What are you doing around here, anyway?” he demanded. “What about the sheep you’re supposed to be taking care of? I know what a cocky brat you are; you just want to see the battle!”* 1 Samuel 17:28 (TLB)

- **DON’T CONFORM TO THE MINDSET OF THE CULTURE**

*“Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God.” Romans 12:2a (MSG)*

*“He gave his own armor to David for him to wear: a bronze helmet, which he put on David's head, and a coat of armor. David strapped Saul's sword over the armor and tried to walk, but he couldn't, because he wasn't used to wearing them. “I can't fight with all this,” he said to Saul. “I'm not used to it.” So he took it all off.” 1 Samuel 17:38-39 (GNT)*

*“Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with My victorious right hand. ' Isaiah 41:10 (NLT)*