



WEEK 3 || February 25, 2024



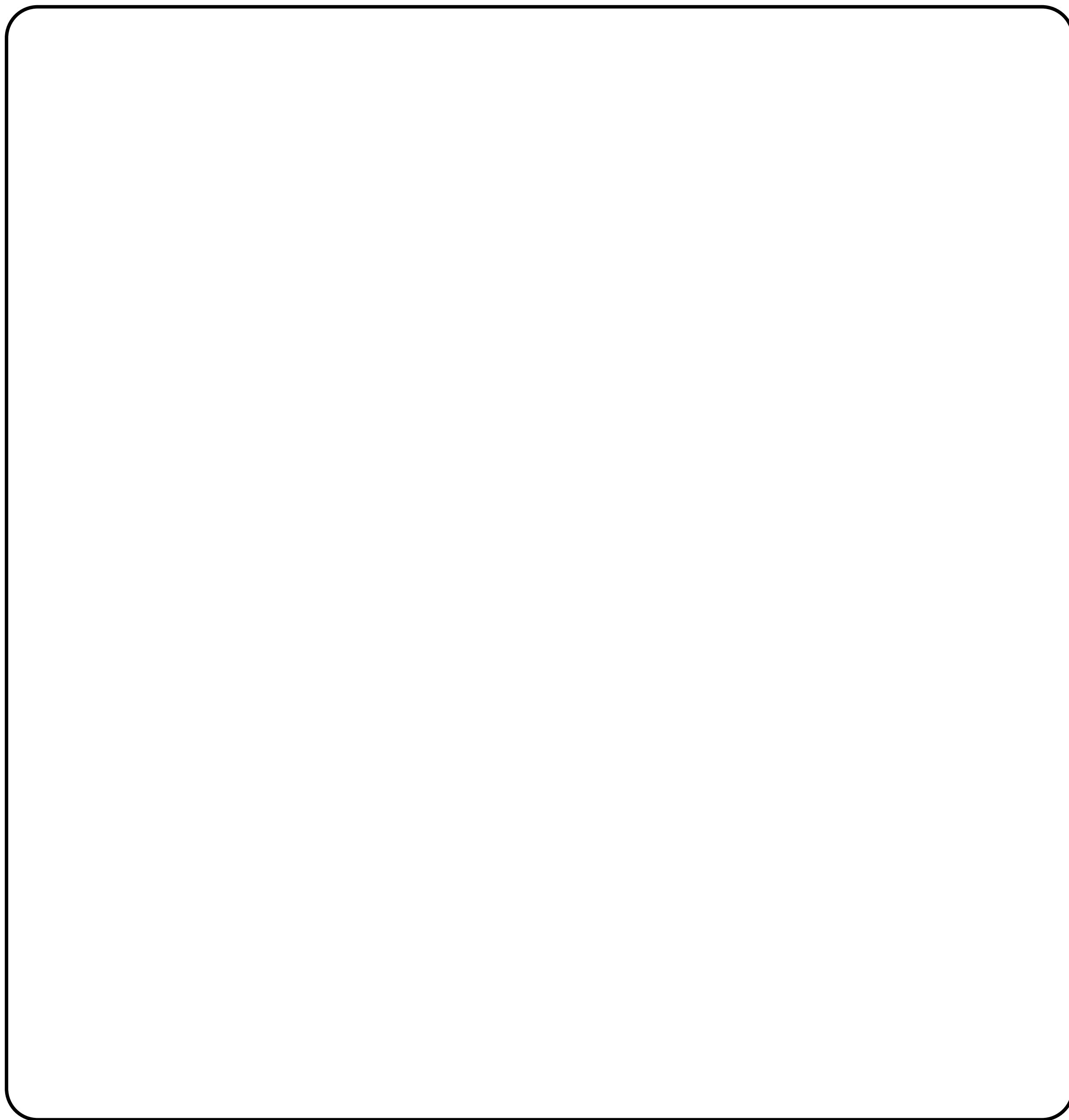
**LAS LOMAS COMMUNITY CHURCH
WEDNESDAY NIGHT STUDY
WWW.LASLOMASCC.COM**

Before the Bible study,

- Please watch/listen to last Sunday's message at laslomascc.com/media

What's one thing about this week's message that stood out to you as something you needed to hear OR a question you had about the message?

QUESTION



MAIN POINTS FROM THE SERMON

DISCUSSION QUESTIONS

Growing in spiritual and mental wellness through putting into practice Romans chapter 12. This week we are focusing inwardly!

10 Guidelines for a mind full of Christ from Romans 12:

1. Humility – living in _____ (Romans 12:3)
 2. Play your _____ (Romans 12:6)
 3. Love without _____ (Romans 12:9)
 4. Hate _____ hold tightly to _____ (Romans 12:9)
 5. Take _____ (Romans 12:11)
 6. Constantly _____ (Romans 12:12)
 7. Steadfast and patient in _____ (Romans 12:12)
 8. Devoted in _____ (Romans 12:12)
 9. Bless those who _____ you (Romans 12:14)
 10. Live in _____ and harmony (Romans 12:16)
- * Overcome evil with good!

Midweek Wednesday Bible Study Questions and Notes:

This week we dove into have a mind full of Christ instead of self through studying Romans 12. There were 10 things the Lord list throughout this chapter to help us live abundant and godly lives focused on Christ.

God wants us to live abundant godly lives! He loves us dearly. He wants our mental health to thrive as well.

In Romans 12: 3, the Lord reminds us not to think more highly of ourselves than we ought. By growing in humility and grace for ourselves and others we can have a mind like Christs.

- Do you remember a time someone was gracious to you when you?
How has being gracious to yourself and others changed your patterns or ways of thinking?

Romans 12:6 discusses how the family of God is like one body with many parts.

- What is your “part” to play in the body of Christ?

By knowing our part we have purpose and unique responsibilities in our family.

- How has giving of your talents and gifts helped connect you with the Lord and the family of God (your local church family)?

In today's society, we are surrounded by evil.

- What is one way we can reject evil according to Romans 12:9?
- Was there a time you had to hold tightly to good?
- What was the outcome for you and those around you?

In Romans 12:12 we are commanded to be constantly rejoicing and be devoted to prayer.

- What do we benefit from rejoicing and prayer?
- How does your thinking and perspective change when praying and praising?

“Bless those who persecute you” is much easier said than done.

Persecute means to cause harm or hardship.

- Has there been a time you had to bless someone who persecuted you?
- How did blessing them affect your thinking and heart towards that person?

According to Romans 12:18, we are to live in peace with everyone.

- Is there anyone you need to forgive or ask forgiveness from?

This is often difficult but there is a freedom that comes in forgiveness. To be free mentally from the chains of sin we need to be people of forgiveness just as Christ forgave us.

Lastly, the Lord encourages us to overcome evil with good in Romans 12:21. We can be overcomers by the blood of the lamb and the word of our testimony!

- Has there been a time the Lord helped you overcome a mental struggle (such as grief, depression, self-harm, poor self-image, or other mental struggles)?
- How did the Lord help you through that struggle?
 - If you are willing, please share your testimony to encourage others.



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