

FORWARD TO FREEDOM

BATTLE FOR OUR MIND (Romans 12:2; 2 Corinthians 10:3-5)

INTRODUCTION

► Sow a _____, reap an _____; sow an _____, reap an _____; sow an _____, reap a _____; sow a _____, reap a _____

- Romans 12:2
- Renewing of our Minds = Mental Transformation = Metamorphosis

MENTAL STRONGHOLDS

PRINCIPLE: If what we believe does not reflect _____, then what we feel does not reflect _____.

- Those Outside of Christ: 2 Corinthians 4:3-4
- Those In Christ: 1 Timothy 4:1 & Ephesians 4:27
- Demolishing Strongholds: 2 Corinthians 10:3-5
- Strongholds = Established thought patterns; deep grooves of reasoning or ways of viewing what is happening inside us and in our world around us which are not based on truth
- Stronghold = a mental habit / pattern of thought burned in over time or from the intensity of traumatic experiences
- Examples of Strongholds

THINKING BIBLICALLY (John 8:31-32; Romans 12:2; 2 Corinthians 5:17)

► Natural Response (Thinking):

- 1 Activating _____
- 2 Mental _____
- 3 Emotional _____

► Biblical Response (Thinking):

- 1 Previous _____
- 2 Activating _____
- 3 _____
- 4 Mental _____
- 5 _____

DEMOLISHING STRONGHOLDS

- 1 _____
- 2 _____
- 3 _____ a New _____

CONCLUSION:

- Philippians 4:8 & the TV Challenge
- Romans 12:2 – Don't conform... Be Transformed!



Prayer

Begin your time together by praising God for equipping His people with the tools needed to destroy negative mental strongholds by aligning our minds and lives with the truth of Scripture, the Holy Spirit, and the body of Christ. Ask God to guide your meeting.

My Story

If someone were to write a book about your life, what kind of book would it be? What would be your book's title?

Digging Deep

1) What is something from this week's message that really stuck with you?

2) Have you ever felt trapped by repetitive thoughts? How do you typically deal with a direction in your thinking which you know isn't healthy?

3) **Read Romans 12:2.** Name some key issues with our culture's pattern of thinking and living that could be a stumbling block for believers. Share ideas of how we can avoid conforming to the ways or thought patterns of the world.

4) How can we think and react biblically when we are faced with an emotional situation that may trigger something from our painful past?

Digging Deeper

5) **Read 2 Corinthians 4:3-4, and 1 Timothy 4:1.** In light of these passages, can you give any examples of "mental blindness" or "spiritual fog" in how our modern-day culture views reality? What about in your own life? What thought, song or verse can you rehearse this week for encouragement and mind renewal?

6) **Read Proverbs 27:17.** Why is having Christian friends and spiritual accountability important to destroying mental strongholds? How does accountability work in the lives of believers? Do you have someone in this role in your life?

7) Below is a list of strongholds that people may experience. How can the corresponding verses help a person overcome each stronghold?

- Poor self-esteem, self-worth, or body image:
Psalm 139:13-14

- Regret and shame of pre-Christian sins:
1 John 1:9; 2 Corinthians 5:17

- Foul language:
Ephesians 4:29; Exodus 20:7

- Anger or rage:
Ephesians 4:26-27; James 1:19-20

8) Invite four people to read each of the following verses aloud and then discuss what they teach about caring for our minds.

- **1 Peter 1:13**

- **2 Corinthians 10:5**

- **Isaiah 26:3**

- **John 8:32**

Taking it Home

9) Unfortunately, many people allow negative events from their past to define them. In light of this, explain the following statement, "The only event in the past that should define you is the cross of Jesus Christ!"

10) **Read 2 Corinthians 5:17. Now read it again!** This verse declares that Christ-followers are new creations **in Christ**, and that the old version of ourselves has passed away. Share ideas of how you can support one another to make sure this truth really becomes our daily reality.

Praying Together

Close by asking Jesus Christ to be Lord of your thought life. Ask Him to gently surface any thought patterns which are not true or healthy in your head. Then request that He draw you deeper into the process of renewing your minds with His Word.