



WORD OF THE YEAR 2022

ROOTED

Cultivating a Healthy Mind

Dr. Jeremy McGarity

Romans 12:2

Message Summarized: God is far more interested in changing your mind than changing your circumstances

* It's not what happens **T O** you... but really, more important than that, is what's happening **I N** you.

*I must **W O R K** on the soil of my mind.

*Websters Def: Cul-ti-vate: Apply oneself to improving or developing (one's mind or manners).

*If you don't do the **W O R K** of cultivating your mind, the **D E V I L** will be glad to do the work for you.

"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..."

WHY I *MUST* CULTIVATE A HEALTHY MIND

1 BECAUSE MY THOUGHTS CONTROL MY LIFE .

"Be careful how you think; your life is shaped by your thoughts."

PROVERBS 4:23 (TEV)

*Your FEELINGS don't shape your life, your BELIEFS do.

2 BECAUSE THE MIND IS THE BATTLEGROUND FOR SIN .

"I love to do God's will so far as my new nature is concerned; BUT there is something else deep within me... that is at war with my mind and wins the fight and makes me a slave to the sin within me. In my mind I want to be God's willing servant, but instead I find myself still enslaved to sin."

ROMANS 7:22-23 (LB)

3 BECAUSE IT'S THE KEY TO PEACE AND HAPPINESS .

"So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace."

ROMANS 8:6 (NLT)

NOTES

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SMALL GROUP QUESTIONS

- 1 Share one thing that stood out to you in this week's sermon and why.
- 2 Romans 12:2 talks about our minds and our way of thinking being transformed. What do you think that means?
- 3 Are you being intentional about what you allow in your mind and what you aren't? Share some boundaries that you may have for yourself. How is that going?
- 4 As a group, read Romans 7:22-23 in your notes. What does this verse say our struggle is against? How do we fight this?
- 5 How can we pray for you this week?



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Upcoming Events

- 02.11 | Young Married Kickoff
- 02.12 | Super Bowl Saturday Event
- 02.13 | Baptisms
- 02.17 | Ensenada Mission Trip
- 03.11 | Women's Retreat