



CORNER FRINGE MINISTRIES  
**FREEDOM IN MESSIAH**

*Student Guide | Week 5*

**Dwell Here - How the Mind Actually Changes**

**THIS WEEK'S ISSUE**

*Chapter 5 is about this: knowing that the mind is a battlefield is only the first step. This week is about how the mind is actually renewed — what it requires, why willpower alone always fails, and what genuine transformation looks like from the inside out.*

**THE JOURNEY SO FAR**

**LAST WEEK**

*We identified strongholds — the deep, ingrained lies that operate like an invisible operating system beneath our behavior. We named the lie. Now we learn how to replace it.*

**THIS WEEK**

*Renewal. Not suppression, not willpower, not behavior management. Actual transformation at the level of the mind. This week we learn what that requires and how to cooperate with it.*

**THIS WEEK'S MEMORY ANCHOR**

***"Do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect."***

**Romans 12:2**

**A THOUGHT TO CARRY INTO THE WEEK**

You cannot think your way into new behavior. But you can receive truth deeply enough that new behavior becomes the natural expression of a renewed mind.

God spoke His sevenfold promise of redemption over Israel while they were still in the middle of their mess — before they experienced any of it. The word precedes the reality. Truth spoken, received, and rehearsed changes the soil. Change the soil and the fruit changes naturally.

**BEFORE YOU BEGIN — A PERSONAL REFLECTION**

Take 2 minutes before your group starts. Read the question below and write your honest answer. You will not be required to share this — but you may want to.

**WHAT HAVE YOU BEEN DOING TO TRY TO CHANGE YOUR THINKING — AND IS IT ACTUALLY WORKING? IF NOT, WHAT MIGHT THAT TELL YOU ABOUT WHAT LEVEL OF CHANGE IS ACTUALLY NEEDED?**


## BREAKOUT SESSION

Week 5 | *Winning the Battle for Your Mind*

Total time: 60 minutes | No facilitator needed — follow the steps

### HOW THIS WORKS

There is no leader in this group — everyone follows the steps together. Each step has a time guide. Stay with the step you are on. If someone in the group needs more time on a particular step, the group can choose to stay — that is the right call. The structure serves the people, not the other way around.

***The goal is not to get through all five steps. The goal is that every person in this group leaves having done real work — and none of you leaves alone.***

### STEP 1 LAND THE TEACHING 8–10 minutes

Someone in the group reads this aloud before anyone responds:

The teaching this week made a critical distinction: willpower operates at the level of behavior — it says do not do the thing. Renewal operates at the level of belief — it replaces the lie with truth at the root until the truth becomes the new operating system. When the belief changes, the behavior changes — not by effort, but as a natural consequence.

Take 2 minutes of silence. Let each person answer this question privately before anyone speaks:

#### DISCUSS:

***Is there a pattern you have been trying to break by willpower that keeps coming back? What truth about God or your identity in Messiah — if you actually believed it deeply — would make that pattern unnecessary?***

#### MY HONEST ANSWER TO STEP 1:


Now go around the group. Each person shares their answer — as honestly as they are able. No cross-talk while someone is sharing. When everyone has spoken, move to Step 2.

### STEP 2 THE ROOT WORK 15–20 minutes

Turn back to Page 1 and look at the Root Question Framework you began filling in. If you have not yet completed it, take 5 minutes now to do so — privately and honestly.

This is individual work first. Do not share yet. Write it down. The act of writing forces honesty in a way that thinking alone does not.

After everyone has had time to write, go around the group. Each person shares what they wrote — as much or as little as they are ready to share. The group listens. No fixing, no advising, no jumping to solutions. Just witness what each person brings.

After everyone has shared, reflect on this together:

#### GROUP REFLECTION

***What is the difference between knowing a truth and actually living from it? As a group — what truths do you know in your head that have not yet landed in how you actually live?***

### STEP 3 GO DEEPER TOGETHER 20–25 minutes

This is the heart of the session. The question below is harder than Step 1. It requires more honesty. Take 2 minutes of silence before anyone speaks — let each person sit with it privately first. When you are ready, go around the group. Each person responds. The group listens fully before anyone else speaks.

If someone in the group is particularly moved by this question — if the Holy Spirit is clearly doing something — let the group stay with that person. Do not rush past a real moment to stay on schedule. That is what the time margin is for.

**DISCUSS:**

***What specific truth from Scripture do you need to dwell in this week — not just know, but dwell in? What would it look like to take up residence in that truth every day until the next session?***

**THE TRUTH I NEED TO DWELL IN THIS WEEK:**


**HOW I WILL REHEARSE IT DAILY — SPECIFICALLY:**


**PREPARE TO SHARE**

When you return to the main room, your group may be asked to share. Together, decide on one thing — one insight, one moment, one declaration — that represents what happened in your group today.

***Complete this sentence as a group: "The truth we are committing to dwell in this week is \_\_\_\_\_"***

*Write it here so you don't lose it:*

Our group is taking away:

---

**STEP 5 — CLOSING PRAYER 2–3 MINUTES**

Designate one person to open in prayer. Then go around the group — each person prays one sentence if they are willing. No one is required. No one is skipped over without grace.

Suggested focus: Pray the Memory Anchor back to God as a declaration over your own life. Then ask Him to meet the specific thing you named today.

*One person closes the prayer when the group is ready.*