



“Mind Wars”

Change Your Thinking, Change
Your Life Series

Pastor Mark

10.6.19

“For though we live in the world, we do not **wage war** as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have **divine power**.” 2 Corinthians 10:3-4

- “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” Verse 5

The life you have is a reflection of the thoughts you **THINK**.

Your life is always moving in the direction of your **STRONGEST THOUGHTS**.

- “For as a person thinks in his heart, so he is.” Proverbs 23:7

3 extremes to think about what you’ve thought about:

- WORRIED thoughts vs PEACEFUL thoughts.
- NEGATIVE mindset vs POSITIVE mindset
- WORLD mind vs ETERNAL mind

What comes into your **MIND** comes out in your **LIFE**.

2 simple things to work on today:

- 1) Identify the **#1 STRONGHOLD** that’s holding you back.
 - What’s a stronghold? -- It’s a prisoner locked by **DECEPTION**.
 - “Do not conform to the pattern of this world, but be transformed **by the renewing of your mind**.” Romans 12:2
- 2) **NAME THE TRUTH** that demolishes that stronghold.
 - “For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, our weapons have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” 2 Corinthians 10:3-5
 - “God’s divine power has given us **everything** we need to live a godly life.” 2 Peter 1:3
 - “You will know the truth, and the truth will **set you free**.” John 8:32

C3 Group Questions

Last Week's Next Steps: Did you gather at C3 on Sunday to express your faith? Did you build your faith this week through consistent time in prayer & God's Word? If so share what stood out to you in your time with God?

Ice Breaker: Rank your average day of thoughts on this 1-to-10 scale. 1 represents negative, worried, & self-centered. 10 represents peaceful, positive, & God-centered. How'd you come up with your number?

Review: What one thing stood out to you (either helpful, insightful or troubling) from the weekend's message?

Group Discussion:

Do you think it's easier to notice negative thinking in yourself or in others? Why?

Read the following 3 statements & discuss them. Do you agree or disagree with them?

- The life you have is a reflection of the thoughts you think.
- Your life is always moving in the direction of your strongest thoughts.
- What comes into your mind comes out in your life.

Read Romans 12:1-2 & 2 Corinthians 10:3-5. What are we asked to do? What are we promised in return?

How do you personally battle negative thinking? What have you found that works?

What's one negative thought about yourself that you sometimes believe?

What can you change, or start, to allow God to renew your mind?

How can this group pray for you this week? Who in this group can you pray for this week?

This Week's Next Steps: (*"Do not merely listen to the word.....Do what it says."*
James 1:22)

- Pick your strongest negative thought & find an even stronger truth to combat it daily.
- Identify one of your strongest negative behaviors & think of a new path to take next time you have the chance. Then try it out!