Renewal
The Mind

WORSHIP

Read Psalm 119:89-96. Take a moment to reflect on God's Word and center in Him.

RENEWAL PLAN

During this 8-week series, we are encouraging the whole church to utilize a set of questions and exercises to help us reflect on Identity and then create a personal Rule of Life. Invite your group to download the Renewal Plan guide and find more resources here. There is also a video there explaining what a Rule of Life is and why you should have one.

This week, we will be asking, "What am I learning as I practice new rhythms and habits?"

Would anyone like to share the personal Rule of Life they've been working on, or any particular practices they're planning to include?

DISCUSSION

1. What role does the mind play in the Christian life? Why is it important (or unimportant) for Christians to think well?

2. Pastor Mike argued, "You are some amalgamation of the books you read, the shows you watch, the podcasts you listen to, the news you take in, the Bible study you are engaged in (or not), the Scripture memory you are doing (or not)."

   a. Have you found this to be true in your life?

   b. How might the things you're taking in be shaping you?

3. Read Philippians 4:4-9.

   a. What does this passage teach us about our minds?

   b. Which of Paul's exhortations most stands out to you?

   c. How do you understand verse 8? Does Paul mean that we should ignore or be ignorant of suffering or evil?

4. Jennie Allen writes,

If you have trusted in Jesus as your Savior, you have the power of God in you to choose! You are no longer a slave to passions, to lusts, to strongholds, to sin of any kind. You have a God-given, God empowered, God-redeemed ability to choose what you think about. You have a choice regarding where you focus your energy. You have a choice regarding what you live for.1

   a. Do you ever see yourself as a victim of your thoughts, or of worldly ways of thinking?

b. How would it look to take ownership of your thoughts and "take captive every thought to make it obedient to Christ" (2 Cor. 10:5)?

c. Is there a particular un-true thought that you can replace with a truth about God?

5. How can you "Love the Lord your God…with all your mind" (Mk. 12:30)?

a. How does Jesus model this for us?

b. Is there something God is inviting you to do this week?

PRAYER

Ask for prayer requests; try to remember any needs that came up during the fellowship or discussion time. Check in on requests from last week, if you can. Does anyone have a practical need that another group member may be able to help with?
Pray for group, church, and community needs.

FOOTNOTE

1 Jennie Allen, Get Out of Your Head: Stopping the Spiral of Toxic Thoughts (Colorado Springs: Waterbrook, 2020), 40.

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