

#trapped

living **free** in a bound-up world

Change Your Thinking – Message 2

Announcements

- **Small Group Semester** // Decide as a group what you will be doing for the summer. We will be asking you your plans via an email survey this week.
 - Spring Small Group Semester break is May 13–June 3.
 - Summer Small Group Semester is June 4–August 12
- **Second Saturday SERVE** // May 13th // Serve as a small group on the second Saturday of each month. Go to ChurchoftheKing.com/satserv to join or register a project.

Warm-up

When you were a child, who was your favorite *grown up*? Why?

We are in the second week of the #trapped series on how we can live an overcoming life as a believer and a fulfiller of our God-ordained purpose. Today we will focus on how our minds and lives can be transformed through the Word of God.

Word and Application

Last week we looked at how lies, when believed long enough, become what the Scriptures call strongholds. Today we will discuss how we practically tear down unhealthy thinking in our minds, live in God's peace, and fulfill God's will for our lives.

Great achievers are often people who have trained their minds to focus on healthy and powerful thoughts. They had talents inferior to those around them, sometimes lived in the worst of circumstances, and often faced with many defeats. Yet many of those people are listed among the winners in life's Hall of Fame. Their secret is: They thought like an overcomer! Our circumstances and lot in life don't determine our life outcomes, but our thoughts will.

Name a famous person who accomplished great things despite challenging life circumstances.

You see, our thinking controls our minds. Let us dig deeper on the Biblical practice of renewing our minds.

Small group lessons are available at cotkleaders.com.

Read Proverbs 23:7. Do you agree with this passage? How might this scripture have played out in your life?

Our belief systems are formed by our thoughts and emotions. What we think about all day is vital to our life.

Thought => Emotion => Belief => Choice => Habit => Character => Destiny

Share with the group about a time when you had to make a difficult choice and how that has impacted your life today.

Read 2 Corinthians 5:17 and 1 Thessalonians 5:23. When we become followers of Jesus we were change immediately in our spirit. Yet we are still on a journey to be Christ like with our mind and soul. What was easy to change when you became a Christian? What wrong-thinking has been challenging to change? How can God's peace help us with this struggle?

Keys to Renewing Your Mind:

1. Surrender your whole life to God.

Read Romans 12:1

Because Christ gave up Himself for us, we need to totally give God our soul and spirit as a living sacrifice. What does it mean to be a living sacrifice?

2. Transform your thinking.

Read Romans 12:2.

Just as a caterpillar when coming out of its cocoon is transformed into a butterfly, God wants to see our lives transformed. What are examples of negative emotions that can be transformed to Christ-like thinking (e.g. Transformed from fear to courage)?

Three R's to Changing Your Thinking:

1. Take responsibility.

If we engage in and win the battle for our mind, we will live out the will of God for our lives. But if we don't take responsibility and lose this fight, we miss out on the plans God has for our lives. What steps can you take today ownership over your mind?

2. Reject.

Read Ephesians 4:22-24.

God designed our mind to renew as we reject old thoughts and input new thoughts from God's Word. Share with the group one word that you want to replace from your daily thought process.

3. Re-script.

Read Philippians 4:8-9.

What is the truth in scripture that will help you reject the old and rewrite our minds to match what God says about us in His word?

What is God placing on your heart today that you need to change in your thought process that can have a positive impact for your God given destiny?

Prayer

Thank the Lord that He created us with such brilliance. Ask God to give you a positive word to replace the old that is specific for you. Ask God to continue to have your thought align with the truth of His Word. Pray for specific needs of the group.