

Winning the War in Your Mind Take Your Mind Back

TALK IT OVER

Key Scriptures

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 ...And the God of peace will be with you.
Philippians 4:4-9b NIV

12 And I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News. 13 For everyone here, including the whole palace guard, knows that I am in chains because of Christ. 14 And because of my imprisonment, most of the believers here have gained confidence and boldly speak God's message without fear.
Philippians 1:12-14 NLT

And because of my imprisonment, most of the believers here have gained confidence and boldly speak God's message without fear.
Philippians 1:14 NIV

Give thanks in all circumstances; for this is God's will for you in Christ Jesus.
1 Thess 5:18 NIV

Start talking. Find a conversation starter for your group.

- What's your favorite karate movie? (Or, if karate isn't your thing, what's your favorite sports movie?)

Start thinking. Ask a question to get your group thinking.

- Do you ever find yourself acting irrationally based on a lie you believe about yourself? If so, how?
- The lies we believe about ourselves are often rooted in childhood experiences. Have you experienced this in your own life? How has it affected you?
- Have you meditated on God's truth before? What was that experience like?

Start sharing. Choose a question to create openness.

- What is the dominant stronghold in your life?
- What are some truths from God's Word that you can write, meditate on, and confess to combat it?

Start praying. Be bold and pray with power.

Father, show me any weaknesses I have in my life as a result of believing a lie. Help me identify what truth from Your Word I can use to fight that lie. Give me wisdom as I create daily declarations, and guide me as I begin the process of renewing my mind. In Jesus' name, amen.

Start doing. Commit to a step and live it out this week.

- Spend time in your Group creating some daily declarations based on Scripture. Challenge one another to share them with the group and commit to saying or meditating on them daily.
- Start the *Winning the War in Your Mind* Bible Plan using Plans With Friends: www.go2.lc/war