

#trapped

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

The Mind Trap – Message 1

Announcements

- **Small Group Semester** // Decide as a group what you will be doing for the summer. We will be asking you your plans over the next week.
 - Spring Small Group Semester break is May 13–June 3.
 - Summer Small Group Semester is June 4–August 12
- **Vacation Bible School (VBS)** // ALL Campuses in June // Make a difference in the lives of hundreds of kids this summer. Serve at VBS. Go to ChurchoftheKing.com/vbs to find out how

Warm-up

Name one thing you really like about yourself and why.

Do you ever compare yourself to others on social media or that you see on a regular basis? Does it leave you feeling you don't measure up? As we launch our new message series *#Trapped*, we begin our discussion with how our minds and thoughts bring us into a place of either freedom or entrapment.

Word and Application

Our mind is like a computer. The way we program it is the way it will function. You can have the computer ever but if you put in the wrong software, it won't function how it was designed.

When God created you, He stepped back and said, "You are a Masterpiece!" Your *hardware* is excellent. You are perfectly created. He programmed you to be victorious, healthy, strong, and creative. As a Believer your original *software* says, 'I can do all things through Christ who strengthens

me!” God programmed with the truth, “I am the head and not the tail. I am a victor and not a victim.” Paul says in the book of Romans, “You are more than a conqueror.” You were programmed to live an abundant, victorious, faith-filled life. *That’s how God designed you.*

The reason we don’t always experience this abundant life is that we’ve allowed viruses and lies to contaminate our software. We have to get back to your original software – the factory settings.

Let us take a deeper look and discuss how to practically take back what God gave us as His perfect child.

Read Mark 9:23-24.

We need to be aware of the strategies the enemy is trying to play with our minds. How can our beliefs, when aligned with the Word of God, change our mindset in a specific situation?

The enemy of our souls tries to poison our minds with the viruses of misperceptions and untruths, in order to leave us riddled with fear and anxiety.

Read 2 Corinthians 2:11 where Paul tells us what we need to do. What role do our thoughts have in impacting our emotions? How can our thoughts ultimately deal with our character and destiny?

Read John 10:10. What are some specific examples of what the thief tries to steal or destroy? The only trick the enemy has is deception. When we are aware of this it helps us discern the lies of the enemy compared to the truth of our Father. The brain controls your nervous system. The mind is a central part of our soul. The mind is tied to our will and emotions. The mind is a battlefield.

What will help you avoid the mind trap?

1. Use the delete button.

Read Corinthians 10:3-5 and 2 Corinthians 10:5.

A stronghold is a negative mental attitude that comes as a result of continually believing lies. You can use the delete button to remove any thought in your mind that you’re thinking that is contrary to what God says about you. Share a time when you were able to break free from a stronghold, when you stepped outside of the prison of negative thinking into the truth. What are some practical ways to hold our thoughts captive?

2. Input the good.

Read Joshua 1:8.

Live in the Word and speak it out loud over your life. Instruct your mind to submit to what the Word of God says. When you choose to do this, this when renewing of your mind begins and you start getting un-trapped in life.

What is God saying to you through this discussion? Is there a stronghold of thinking you need to break free from today that would have a major positive impact in your life?

Prayer

Thank the Lord that He wonderfully created us perfectly. Ask God to show you what thought patterns you need to change. Pray for specific needs of the group.