



Changing Your View of You

WEEK 4 DISCUSSION GUIDE

OVERVIEW

In this message of *Mind Games*, we will learn how to see ourselves the way God sees us.

DISCUSSION QUESTIONS

When our thoughts are far away from God, our lives are far away from God. **Isaiah 55:7-8** says: *Let the wicked forsake his way, and the unrighteous man his thoughts; let him return to the Lord and He will have mercy on him; and to our God, for He will abundantly pardon.*

The children of Israel began to realize they were away from God. They were experiencing tremendous pain because of their choices and the circumstances they found themselves in.

- Has your life ever been far from God as a result of your thoughts being far from God?
- How can we remain close to the Lord?

We all have areas we need to improve, but as long as we're pressing forward, getting up each day and pursuing a relationship with God, we can be assured God is pleased with us. He may not be pleased with every decision we make—but He is pleased with us. He wants us to feel good about ourselves. He wants us to be secure and to have healthy self-images. Yet, so many people focus on their faults and weaknesses. When they make mistakes, instead of repenting quickly, they're extremely critical of themselves and live in shame.

- What are some of the strengths God's given you?
- What are some of the lies the enemy tells you about yourself?

- How can you combat the enemy's lies?
- How can we share the truth with others about who God says they are?

Many in our culture today focus on their weaknesses, not realizing this negative introspection is a root cause of many of their difficulties. If we're negative towards ourselves, it's not only affecting us; it is influencing every relationship we have, including our relationship with God.

- What are some ways we can stop being negative towards ourselves?

In **Judges 6**, we see that Gideon was afraid of the enemy. He was living in fear and lacked confidence. But! God comes to the scene and calls him out to become who he really is. **Verse 12** says: *"The Lord is with you, you mighty man of valor!"* This is how God saw Gideon. God sees us the way He created us. He has a wonderful plan for our lives and gives us the choice to become everything he created us to be. **Deuteronomy 30:19** says, *"I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live;"*

- Share a time when you had a choice to be positive or negative. What did you choose?

LIFE CHALLENGE

This week, choose life. **Proverbs 18:21** says, *Death and life are in the power of the tongue. And those who love it will eat its fruit.* Make the choice to speak life over yourself, over your situations, and over others around you. Change your thinking and see yourself the way God sees you—loved, pure, accepted, and wonderfully made.

PRAYER REQUESTS & CLOSE IN PRAYER