



Improving Your Game

WEEK 2 DISCUSSION GUIDE

OVERVIEW

In this message of *Mind Games*, we will discover how we practically tear down strongholds in our minds and live in God's peace and presence.

DISCUSSION QUESTIONS

For as he thinks in his heart, so is he... **(Proverbs 23:7)** This Scripture tells us the importance of properly thinking. Our thoughts are powerful, and if our thoughts are going to affect what we become, then it should certainly be a priority that we think the right thoughts.

- Share a time when your thoughts turned into actions.
- What filter should we use to take inventory of our thoughts?

We cannot always control our circumstances or what others do to us, but we *can* and *do* control how we react to what others do to us, how we overcome what happens to us, and what we do with the resources we have been given.

- How will having an attitude of gratitude affect your daily life?
- Share a time when someone's actions negatively affected you and you still showed them God's love. How did your mindset and attitude choice affect you and others around you?

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. **(Romans 12:2)** It's important to know that Paul was writing to the church in Rome, a group of Christians. This was not an unbelieving audience, yet he challenged them to change. He also says to the degree your mind is changed or renewed, is the degree to which you will fulfill God's will.

Three Keys to Renewing Your Mind:

1. Surrender your total life to God.

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. (Romans 12:1) Present your whole life to God-body, soul, and spirit. In other words, we need to give him our head as well as our heart. We need to daily submit our minds to God's Word in order to be transformed.

- How often are you in God's Word?
- Share a time when God's Word spoke directly to a situation you were in.

2. Transform your thinking.

According to **Romans 12:2**, we are not to be conformed or formed to the cultural constructs around us, but we are to be transformed according to the Word of God.

Three R's on how to renew your thinking:

A. Responsibility.

Take full responsibility for your life. When we change, our circumstances change. We have to own up to where we are, and we have to have a true desire to change.

B. Reject.

Reject carnal thoughts that come back to your mind. Capture and make every thought obedient to Christ.

C. Rescript.

We rescript or rewrite our minds as we meditate on the Word of God.

3. Fulfill God's will.

In **Romans 12:2**, we see there is a progressive nature to the will of God as we change our thinking. As we continue to change, our goal should be to think, act, walk and talk more and more like Christ. Without a renewed mind, it is impossible to act like Jesus!

- How does a renewed mind help us to fulfill God's will for our lives?
- What qualities does Jesus have that we should also strive to have?

LIFE CHALLENGE

This week, focus on the three R's. Take responsibility for your life. Reject ungodly thoughts. Rescript your mind as you meditate on God's Word. *But we have the mind of Christ. (1 Corinthians 2:16)*

PRAYER REQUESTS & CLOSE IN PRAYER