

Your Mind | Transformed

WEEK SEVEN | PASTOR BEN JOHNSTON

Change your thoughts, transform your life.

What we think shapes who we become.

- ◇ Proverbs 4:23 (GNT)
- ◇ Proverbs 23:7 (NKJV)

Enemies of the mind:

1. Temptation of the Flesh

- ◇ Romans 7:22-23 (NLT)
- ◇ James 1:14 (TPT)

2. World's Value Systems (1 John 2:16)

- ◇ Materialism – money is god
- ◇ Hedonism – pleasure/feelings is god
- ◇ Individualism – I am god
- ◇ Socialism – government is god

3. Satan

- ◇ Genesis 3:4-5 (ESV)
- ◇ Matt 4:6 (ESV)

Strongholds (2 Corinthians 10:4)

- ◇ Stronghold = “to fortify”
- ◇ Strongholds distort our thinking of who God is and who we are in the eyes of God.
- ◇ You cannot defeat what you cannot define.

You have divine power!

- ◇ 2 Corinthians 10:4 (ESV)
- ◇ Ephesians 1:19-20 (NLT)

SCRIPTURES

Proverbs 4:23 (GNT) Genesis 3:4-5 (ESV)
 Proverbs 23:7 (NKJV) Matthew 4:6 (ESV)
 Romans 7:22-23 (NLT) Proverbs 15:14 (NLT)
 James 1:14 (TPT) Matthew 6:22-23 (ESV)
 1 John 2:16 (ESV) 2 Corinthians 10:4
 Romans 12:2 (ESV) (ESV)

QUOTE

“Sow a thought, you reap an action. Sow an act, and you reap a habit. Sow a habit, and you reap a character. Sow a character, and you reap a destiny.”

- Ralph Waldo Emerson

KNOW

WARM-UP | Getting Started

Are you reading anything interesting now?

GROW | Dive Deeper

Read James 1:14-15 together

1. Pastor Ben said, "We cannot defeat what we cannot define." Identify some things in our lives that can lure us towards sinful desires.
2. List some ways we can prune the areas in our lives that cause us to sin.
3. How can we set limits on these things so we don't get sucked in?

Our thoughts control our actions and shape who we become.

1. There is a war for our minds: How can we "train" our minds towards things of God?
2. Where in our lives can we dedicate more time for God, so He can transform our minds?
3. If good thoughts lead to good actions, what are a few things you can begin to do today to develop good habits.

OK, let's talk about our phones!

1. How much screen time do you have each day? What percentage of this do you think is productive?
2. What practical steps can you take to reduce unproductive screen time? What can you do instead to fill that time?

GO | Apply

Pastor Ben suggested a "social media fast" this week. For one week, choose at least one social media platform to fast or stay away from. Journal your experience each day. Talk to God about how it's making you feel, and ask Holy Spirit to give you strength to withstand temptation.



GROW TOGETHER

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