

Your Mind (Part 2) | Transformed

WEEK EIGHT | PASTOR BEN JOHNSTON

Change your thoughts, transform your life.

KNOW

Hold that thought

- ◇ 2 Corinthians 10:4-5 (ESV)
- ◇ Captive = 'To control, to conquer, to bring into submission.'
- ◇ You have the power to control what you allow into your mind.
- ◇ Romans 6:6-14
- ◇ Romans 12:2 (NLT)

Replace that thought

- ◇ When you replace a thought, you are rerouting the neurons in your brain.
- ◇ Repetition will reinforce God's truth in your life.
- ◇ Don't just resist it; replace it.
- ◇ Romans 8:5:6-7 (NLT)

Feed your mind truth

- ◇ Colossians 3:2, 16 (ESV)
- ◇ Philippians 4:8 (TPT)

SCRIPTURES

2 Corinthians 10:4

Proverbs 4:23

Romans 6:6-14

Romans 12:2

Romans 8:5:6-7

Colossians 3:2, 16

Philippians 4:8

TAKEAWAY

If you need help with your mental health;

- ◇ Call our prayer line, 416-438-4994 or 416-438-5445
- ◇ Fill out a connect card online
- ◇ Tell someone you trust.

WARM-UP | Getting Started

Take about 2 minutes to talk about a song that has encouraged you during difficult times.

GROW | Dive Deeper

1. Read 2 Corinthians 10:4-5, together.

Verse 5 teaches that God has given us divine power to fight against all ungodliness. That's a powerful promise. Discuss what that means in the realm of our thoughts (the battle of the mind).

2. Read Romans 8:5-7, together. Pastor Ben said, 'We need to take every thought captive, or our thoughts will take our mind captive.'

a. What are some things we can do to train our thoughts towards things of God?

b. Why is it important to replace lies with the truth?

c. 'Repetition will reinforce God's truth in our minds.' What Bible verses can you think of that can help steer your thoughts in a new direction when in need?

3. "The weapons we fight with have divine power to demolish strongholds." Do a word study on 'strongholds'. Discuss your findings.

a. What are some examples of physical and spiritual strongholds in our lives?

b. List some steps can we take to demolish those strongholds.

GO | Apply

Hold & Replace. Pastor Ben taught us to hold any bad thoughts and replace it with truth. This week make a list of 5 short verses that you can memorize and declare to help train our thoughts. Consider writing out those verses as visible reminders.

