

MIND GAMES

“Overcoming The Lies We Tell Ourselves”

Lesson 1 “The Toxic Mind”

2 Corinthians 10:4-5; Ephesians 4:17-24

♥ **Group Opener:** *(Choose a question for your life group to discuss.)*

1. If you were told that there was a toxic waste spill outside your home how would you respond? a) Don't care. b) Take precautionary measures. c) Call the authorities. d) Go into complete panic. (Explain your answer.)
2. What one person has helped to shape your thoughts more than anyone else? In what way? Has it been a good or bad influence on you? (Explain)

♪ **Worship and Waiting on God:**

Have someone in your group prepare to lead in worship. Before worship begins pray over the leader and invite the Holy Spirit to use them.

✍ **Group Facilitator** – *It is not necessary to use all the questions. Select ones that will stimulate the most response from your small group.*

1. When you think about a “toxic mind” what does that mean to you?
2. Would you consider yourself to have “toxic thoughts”? (If so, what are they?)
3. Do you control your thoughts, or do they control you? (Give an example?)
4. How aware are you of your thought patterns throughout the day? (Explain)
5. What are the physical symptoms of toxic thoughts? How does toxic thinking manifest in your behaviour, relationships, physical and emotional condition, etc.?
6. What were the four techniques necessary in the process of “bringing all thoughts into captivity”?

Answer:

- 1) *Realize! Understand that thoughts are real and have an actual anatomy.*
- 2) *Analyze! Increase in your conscious awareness of your thoughts and how you are feeling.*
- 3) *Captivate! Do something once you have analyzed the thought!*
- 4) *Meditate! Create new memories over the old!*
7. Which technique do find most difficult to do? Why?
8. What practical steps do I need to take this week to begin to deal with my toxic thoughts?

✓ **Selah (Stop and Think about it):** *(Take the time to make personal application of this section. Have each member share with the group.)*

- **Have the group answer the following toxic thought evaluation.** *Make sure they have paper and pencil. Have them number their page from 1 to 10. Answer the questions with yes or no. After taking the evaluation have the group talk*

further about their response. After a time of discussion have them get into small groups for prayer.

1. How many “could-have”, “would-have”, “should-have” statements have you made today?
2. How many “if-lys” were part of your inner vocabulary today?
3. How many times have you replayed in your head a conversation or situation that pained you, or one that hasn’t even occurred yet?
4. How many scenarios have you created of the unpredictable future?
5. How much is speculation taking out of your day?
6. How passive is your mind?
7. How honest are you with yourself?
8. Are you at cross-purposes with yourself – going through the motions, but not really committed to the goal, saying one thing but meaning another?
9. How distorted is your thinking? Are you forming a personal identity around for example, a disease? Do you speak about “my arthritis”, “my multiple sclerosis”, “my heart problem”?
10. Do you ever make comments like “nothing ever goes right for me”, “everything I touch fails”, “I always mess up”?

If you answered yes even to just one of these, your thought life needs detoxing right now.

Life Group Leaders Information:

- What is your personal goal for your Life Group?
- Do you have a vision for multiplying your leadership and ultimately starting more Life Groups? If not, why? What steps should you take to change that and to become a spiritual multiplier?
- Each week take a moment to quote the TLC Vision with your Life Group.

OUR VISION (Habakkuk 2:2)

The vision of TLC is the advancement of God’s Kingdom to every people and nation through the multiplication of disciples. We heartily accept the challenge of the Great Commission, and we understand that this is our destiny and purpose. We dedicate our lives and resources to this end, and we completely commit ourselves to the fourfold strategy of:

Winning the lost,
Connecting them to the body of Christ,
Teaching them the whole counsel of God, and
Sending them out to fulfill their destiny as spiritual multipliers.

To God be the glory!