

MIND GAMES

“Overcoming The Lies We Tell Ourselves”

Lesson 2 “Strongholds of the Mind”

2 Corinthians 10:4-5; Ephesians 4:17-24; Colossians 3:1-4

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

1. What kind of pain affects your life the most -- physical or emotional?
2. What kind of negative thoughts do you battle with the most? a) Issues of self-esteem? b) Fear of the future? c) Others perception of you? Why?

♪ **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. What is a stronghold of the mind? (2 Cor. 10:4-5)
Answer: An area that is dominated by an enemy. If Satan dominates your attitude toward yourself, God, food, money, etc., he is in control in that area.
2. The mind war that we are battling with Satan cannot be fought in a normal way – it is a spiritual war and we must use spiritual weapons. What are some of the spiritual weapons that we have been given so that we can win this war?
3. How are we to use these weapons against the enemy? Be practical.
4. A deceived mind produces a deceived life. In Gen 3:1-6 Eve was deceived by Satan’s lies. He attacked her mind. What are some ways that you have been personally deceived by Satan’s lies? Be specific.
5. What does Romans 12:2 and Ephesians 4:23 have to do with winning the spiritual war that we fight? Why is it important for us to renew our minds? What are some practical steps for renewing our mind?
6. How do our thoughts ultimately affect our life? (read Proverbs 23:7)
7. Winning the war will require a focused mind. In Colossians 3:2 we are told we are to direct our thoughts. What is the difference between earthly thoughts and heavenly thoughts? What earthly thoughts distract you the most? What do you need to do to point your earthly thoughts heavenward?
8. In Philippians 4:8 what is Paul’s solution to thought pollution? What would he say to the church today about leisure time, reading matter, R-rated movies, uncontrolled internet viewing, etc.?

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

- What practical steps do you need to take to break some mental strongholds in your life? What should you be doing this week to bring your life back into alignment with God's Word?
 - Break into small groups and pray for each other.
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Life Group Leaders Information:

- How many of the people in your Life Group are being personally discipled? Who are you discipling on a weekly basis?
- What steps are you taking to multiply leaders.
- As a Life Group, have you done an Alpha course this year? If not, when is your group planning to sponsor an Alpha course?
- Challenge your group to become spiritual multipliers by helping to start at least one new Life Group this year?
- 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!