

MIND GAMES

“Overcoming The Lies We Tell Ourselves”

Lesson 3 “Chronic Conditions of the Mind”

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

1. What is the best thing that happened to you this week?
2. What do you look back on as the happiest days of your life? Were they really that good?

♪ **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. Is your life a mess? If it is, then your mind is also a mess. Do you allow Satan to use your mind as a garbage dump? What are you filling your mind with on a regular basis?
2. Overall, is your mind filled with your problems or God’s promises?
3. From Joshua 1:8 and Psalm 1:1-2, what should we be doing if we want a blessed, prosperous, and happy life?
4. What should be the condition of your mind? (see Colossians 3:1-2; Philippians 1:27; Galatians 6:10; 1 Cor. 2:16; Rom. 8:6)
5. Read Romans 8:6 -- What is the difference between the mind of the flesh and the mind of the Spirit?
6. What were some of the negative conditions of the mind that were discussed in last weeks message? (A wandering mind (1 Peter 1:13), an anxious/worried mind (Phil. 4:6; Matt. 6:34), a wondering mind (Mark 11:22-23), a doubtful/unbelieving mind (Matt. 16:7-8), a confused mind (James 1:5-8; 1 Cor. 2:14-15), a judgmental/critical mind (Matt. 7:1; Rom. 12:3; Gal. 6:1), etc.)
7. Which of these negative conditions of the mind do you struggle with the most?
8. What steps do you need to take to bring your mind back into control?

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

- What are you doing to protect the entrances to your mind? (see 2 Cor. 10:3-5)
- What steps can you take this week to establish new thought patterns? Be specific and practical.

- Get into groups of two or three and take time to edify each other with some words of encouragement. After a time of encouragement, take a few moments to pray for each other.

Life Group Leaders Information:

- Plan a Life Group outreach. Get everyone in your group involved in the process. Encourage everyone to bring one friend to the outreach that has not yet received Christ. Make the outreach fun and interesting for those you invite.
- Continue the **love-olution** by looking for tangible and practical ways to express God's love to people this week.
- Keep the vision of multiplication before your group. Take time to quote our vision statement.

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!