

## MIND GAMES

*“Overcoming The Lies We Tell Ourselves”*

### Lesson 4      **“Wilderness Thinking”** *Dealing With Our Wrong Thought Patterns*

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

1. When you want to get away from people, where do you go and what do you do?
2. As a child, what one thing did your parents say to you that has helped to shape your life – either in a good or a bad way?

#### ♪ **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. Read Colossians 3:1-2. What does this passage tell you about your thought life? What does it mean to set your mind on things above? Give some examples of earthly thinking. Of heavenly thinking.
2. Read Jeremiah 4:14. What is the affect of evil thoughts that lodge within us? How did it affect God’s people at that time? What are we to do with these kinds of thoughts?
3. What were some of the wrong thought patterns that were discussed in this weeks message? Which ones do you most relate to, or you are struggling with?

**Answer:** 1) *My past dictates my future.* 2) *Someone do it for me – I’m not responsible.* 3) *Life is too hard.* 4) *Fault finding and complaining.* 5) *I can’t wait any longer.* 6) *It’s not my fault.* 7) *I feel sorry for myself because I have so many problems.* 8) *I’ve made too many mistakes to be blessed.* 9) *I want what you have (jealousy and envy).* 10) *My way or no way.*

4. Ask your Life group members to break into groups of two or three for a time of deeper discussion. Have each group take a couple of the wrong thought patterns that were mentioned in question three. What affect do these patterns have on people’s lives? Give Biblical examples of people who struggled with these patterns? Have any of these negative thought patterns helped to shape the way you act and feel today? Are you still struggling with any of these thought patterns. Come back together as a whole group and share your results with each other.
5. What are some specific things that we need to do to deal with the negative and harmful thought patterns that haunt us? Be practical and share what the scripture says about this.

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

- What old thought pattern have you dealt with, and how has it helped you to be a happier and healthier person today? What steps did you take?
- Is there any one who is struggling with a wrong thought pattern and would like prayer? (Have the group gather around them and pray for them.) Encourage the group to practice listening prayer and to speak encouragement over the person that is being prayed for.

---

### **Life Group Leaders Information:**

- Has your group hosted an Alpha course this year? If not, when will you do so? If you need help planning and preparing, please contact Brother Willy at the Extension Ministry Office.
- 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!**