



Week 1:

We become what we think about

Icebreaker:

Can you think of one thing that you spend a lot of time thinking about that would surprise others?

OR

If you had to do an audit of your thinking, what would be the one thing that occupies it the most currently?

Discussion:

Proverbs 23:7 KJV "For as he thinketh in his heart, so is he"

- What does this verse mean to you?

Romans 7:21-25

- Vs 23 - Paul describes the struggle to do the right thing as a "war" within his mind.
- Can you think of a time in your own life where you have faced or overcame an inner conflict in your mind?
- Why do you think trying to change our minds in our own strength can't overcome the war in our mind?
- How does focussing on Jesus bring hope & victory over sin in our lives?

2 Timothy 1:7 NKJV "For God has not given us a spirit of fear, but of power and of love and of a sound mind."

- Why is it important that we look to God for a "sound mind"?
- Can you think of a time where God gave you clarity on a particular situation?

Response:

Break into pairs & pray into any areas in your mind currently where you are needing breakthrough. Commit your mind & your thinking to Christ & ask him to help you navigate any thoughts that wage war within your mind.

NOTE FOR ALL:

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Week 2: We all need a Counsellor

Icebreaker:

If a glass half full of water was on the table, would you see it as half full or half empty?

Discussion:

- Last week we looked at the fact that what we think about is what we become. This week we are looking at the truth that to change our mindset, we need a Counselor.

John 14:15-17

- How does the Holy Spirit function as our advocate or helper or counselor in our daily lives?

Romans 8:5-8

- What are the main differences when our minds are governed by the flesh versus by the Spirit?
- What are some practical ways we can set our minds on the Spirit?

2 Corinthians 10:3-4

- What do you understand about the concept of a stronghold?
- Can you think of a time in your life when the Holy Spirit helped you overcome a stronghold in your mind?

Response:

Pray into any areas in your life where you need the Holy Spirit to guide & lead you. Invite him to be your advocate, your helper, your counselor & spend some time waiting on the Lord to hear his voice.

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Week 3:

How do we have peace in an anxious world?

Icebreaker:

Think of a recent situation where you felt anxious. Without sharing too much detail, what did you imagine might happen?

Discussion:

- Last week, we discussed the fact that we all need a Counselor. This week, we are exploring how we can have peace in an anxious world.

Philippians 4:6-7:

- Paul tells us not to be anxious about anything but to bring everything to God in prayer. Why do you think gratitude and trust are key in releasing anxiety to God?
- When Paul says, "The peace of God will guard your hearts and minds," what does that kind of peace look like to you in the face of anxiety?

Matthew 6:25-34:

1. How does Jesus' teaching in Matthew 6:25-34 challenge your perspective on trusting God for the future? In what areas of life is trust easy for you, and in what areas does it feel harder?

- Reflect on the role of gratitude in managing anxiety. How has thankfulness shifted your perspective during difficult times, even if the circumstances didn't change?

Peter 5:7:

- How might the practice of "casting your cares" on God shape how you respond to anxious thoughts in the future?

Response:

Break into pairs or small groups and take turns sharing an area in your life where anxiety often takes hold. Spend time praying for each other, asking God to replace anxiety with trust, gratitude, and a hopeful perspective.

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Week 4:

The mind of Christ in our relationships

Icebreaker:

Think of a time when you had a disagreement with someone close to you. What did you learn about yourself during that experience?

Discussion:

Last week, we discussed anxiety. This week, we are exploring how the mind of Christ leads to deeper relationships that reflect Him.

Philippians 2:1-11:

- Philippians 2:3-4 encourages us to "value others above yourselves." What does it mean to consider someone else's interests above your own? How does this perspective shift the way we handle conflict in relationships?
- Jesus is described as humbling Himself to the point of death on a cross (Phil 2:8). How does Jesus' humility challenge our approach to others, especially in moments of disagreement or frustration?
- Sometimes, seeing the best in others requires us to set aside our assumptions. How can we better listen to or understand the needs and perspectives of those around us?

- Thinking about the "mind of Christ," how does the cross serve as a model for humility and sacrificial love in our own relationships?

Reflect on the idea that humility is not thinking less of yourself but thinking of yourself less.

- What might this look like in practical terms within your relationships?

Response:

Take a moment to identify a relationship in which you want to apply the "mind of Christ" described in Philippians 2. Pray with a partner, asking God to help you embody humility and love in that relationship and foster reconciliation where it's needed.

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