

## Get Your Mind Right Small Group Guide

**Warm-up Question:** (Choose one, make up your own, or skip this part all together, depending upon the nature of your group.)

1. What is something a parent, teacher, or coach taught you when you were young that has stayed with you to the present?
2. What is something about yourself that you wanted to change when you were young, but which you are content with now?

**Read the following passages:** Ephesians 4:17-24.

This passage includes a number of words and phrases connected to our minds: “futility of their thinking”; “darkened in their understanding”; “ignorance... due to the hardening of their hearts”; “the attitude of your minds.” The implication is clear: a transformed life requires a transformed mind. In other passages, Paul describes both an idolatrous mind and a religious mind, neither of which lead to a righteous life. We need minds that are renewed by the Spirit of God and which see everything through the lens of Jesus. When that happens, we live with a very different view of ourselves and of others.

**Questions for Discussion** (Choose several that are relevant for your group):

1. How would you characterize your thought life? Do you find yourself consistently entertaining any fears, obsessions, or desires? Explain. How would you describe your thoughts about yourself?
2. Scholars have noted that our relationship with an “idol” is often characterized by love, trust, and obedience. We daydream about our idols, we look to our idols to provide happiness, safety, or protection, and we prioritize our idols over everything else. What are some things that are most prone to function as idols in your life? How can “good” things turn into “ultimate” things for us?
3. Read Romans 7:14-25. How does Paul describe the person who was subject to the Law of Moses without having the transforming presence of the Holy Spirit? Why might many religious people have a similar experience today?
4. How do you typically respond when you don’t live up to your own expectations for yourself? How should we respond when this happens?
5. Read Ephesians 4:24. Is it difficult for you to embrace the new reality that you have been “created to be like God in true righteousness and holiness”? Explain.
6. What are some practical ways we can embrace the new identity God has given us without becoming overly preoccupied with ourselves?

7. What does it mean for you to “offer your body as a living sacrifice” (Romans 12:1)?
8. How would you characterize how you see and approach relationships with other people? Are there any ways this needs to change?

**Pray**