



05.26.24

# Group Guide

Mind



## Introduction

It might not always feel like it, but you've been given a lot. And when followers of Jesus love him with whatever they have — unique influence, resources, insight, etc. amazing things happen. Throughout this series, we're exploring what it means to love God with all our strength and discovering just how much God can accomplish through us when we do. In week 3, Pastor Chip taught us how we can love God with all our mental strength.

## Discussion

1. Revisit and read Matthew 22:37 & Luke 10:27. The attention of our mind (what we think about, dwell on, and daydream about) matters to God because our thoughts eventually get our heart. Share a time when one of your thoughts felt or became all-consuming. What was the end result?
2. Based on where your mind spends the most time right now, what might you be worshipping?
3. How are your current thought patterns influencing your emotions and actions right now? Can you identify a recurring thought that's either positively or negatively impacting your behavior?
4. What distractions or mental habits do you struggle with that are keeping you from focusing on or believing God these days? Is it related to technology, comfort, family, a relationship, your work, or something else? How might these be impacting your relationship with God and others?
5. Revisit and read Romans 12:2. Loving God with our mental strength means continually redirecting our attention and thoughts to God's character and activity in and around us. What are some practical ways you can renew your mind and redirect your thoughts towards to God this week? How can your group support each other in this? Consider the application section below as a starting point.

## Application

- **Become aware of your thought patterns where you're placing your attention.** Stop to consider your thoughts and feelings throughout the day. Then take 5-10 minutes at the end of each day to invite God to scan and reveal what you need to be aware of (Psalm 139:23-24.)
- **Practice catch and release.** When you find yourself in negative, wasteful, or daydreaming thoughts, redirect them. Use a single-word breath prayer to help train your brain to focus differently and develop new healthy patterns (2 Corinthians 10:3-5.)
- **Remove lies and replace with truth.** One of the deepest types of mental ruts are untrue things we believe about God or ourselves. Let the Holy Spirit form new pathways and patterns as you meditate upon Scripture. Let God's truth fight the lies you believe (Romans 12:2.)