

## TALK IT OVER

### Key Scriptures

*For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.* 2 Corinthians 10:3-5 NIV

*For as he thinks in his heart, so is he. ...* Proverbs 23:7 NKJV

*His divine power has given us everything we need for a godly life ...* 2 Peter 1:3 NIV

### WINNING THE WAR IN YOUR MIND

#### Watch Video

**Start talking.** Find a conversation starter for your group.

- What is a song that constantly gets stuck in your head?

**Start thinking.** Ask a question to get your group thinking.

- Think about a time you struggled with anxiety or toxic thoughts. What did you learn through that experience?
- Our lives are always moving in the direction of our strongest thoughts. Where do you think your life is headed, based on your thoughts? Is there anything you would like to change about your destination?

**Start sharing.** Choose a question to create openness.

- What stronghold is holding you back? What negative statement do you say about yourself, and how does it affect you?
- What truth demolishes that stronghold? How can you replace that negative statement with truth from Scripture?

**Start praying.** Be bold and pray with power.

*Father, reveal to me any lies that I am believing about myself, others, or You. Help me replace those lies with Your transformative, healing truth. Renew my mind. Transform my thoughts. And make me more like You today and every day. In Jesus' name, amen.*

**Start doing.** Commit to a step and live it out this week.

- Create a truth statement to combat lies you're believing. Share it with your group, then commit to remind yourself of it every day for 30 days.
- Start the *Winning the War in Your Mind* Bible Plan using Plans With Friends: [www.go2.lc/war](http://www.go2.lc/war)
- Consider how you could love others by serving on Sunday or with a local ministry partner.

## Winning the War in Your Mind

### Session Two

# TALK IT OVER

#### Key Scriptures

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind...Romans 12:2 NIV*

*And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable.*

*Think about things that are excellent and worthy of praise. Philippians 4:8 NLT*

*... if there is any virtue and if there is anything praiseworthy—meditate on these things. Philippians 4:8 NKJV*

*I meditate on your precepts and consider your ways. Psalm 119:15 NIV*

*... I meditate on all your works and consider what your hands have done. Psalm 143:5 NIV*

#### Take Your Mind Back

#### Watch Video

**Start talking.** Find a conversation starter for your group.

- What is your favorite karate movie? (Or, if karate isn't your thing, what's your favorite sports movie?)

**Start thinking.** Ask a question to get your group thinking.

- Do you ever find yourself acting irrationally based on a lie you believe about yourself? If so, how?
- The lies we believe about ourselves are often rooted in childhood experiences. Have you experienced this in your own life? How has it affected you?
- Have you meditated on God's truth before? What was that experience like? How does it help?

**Start sharing.** Choose a question to create openness.

- What is the dominant stronghold in your life?
- What are some truths from God's Word that you can write, meditate on, and confess to combat it?

**Start praying.** Be bold and pray with power.

*Father, show me any weaknesses I have in my life as a result of believing a lie. Help me identify what truth from Your Word I can use to fight that lie. Give me wisdom as I create daily declarations, and guide me as I begin the process of renewing my mind. In Jesus' name, amen.*

**Start doing.** Commit to a step and live it out this week.

- Spend time in your LifeGroup creating some daily reminders based on Scripture. Challenge one another to share them with the group and commit to saying or meditating on them daily.
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- Consider how you could love others by serving on the s or with a Local Mission Partner.

## Winning the War in Your Mind

### Session Three

# TALK IT OVER

#### Key Scriptures

*For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.* 2 Corinthians 10:3-5 NIV

*Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.* Philippians 1:12-14 NIV

## Defeat Your Negative Thoughts

### Watch Video

**Start talking.** Find a conversation starter for your group.

- Do you use filters on your photos on social media? If so, which one is your favorite? If not, why not?

**Start thinking.** Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- Would you say you tend to have a more positive mindset or a negative one? How could you start training your mind to look for God in every situation?
- Read Philippians 1:12-14. What are some ways you could start reframing your circumstances?

**Start sharing.** Choose a question to create openness.

- Share about a time when you saw Jesus bring meaning and purpose to your pain. How did it change you?
- Everyone has a personal struggle they're facing. What's yours? How can you look for God in it?

**Start praying.** Be bold and pray with power.

*Father, give me eyes to see Your faithfulness, goodness, and grace at work, even when I face difficult situations. Draw me close to You. Thank You for always being with me. Help me reframe my perspective and look for You in all things. In Jesus' name, amen.*

**Start doing.** Commit to a step and live it out this week.

- Spend time praying over the struggles everyone's facing. Ask God not only for comfort but also for eyes to see His goodness, even in the middle of pain.
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- Consider how you could love others by serving on Sunday or with a Local Mission Partner.

## Winning the War in Your Mind

### Session Four

# TALK IT OVER

#### Key Scriptures

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ... And the God of peace will be with you.*

Philippians 4:6-9 NIV

*Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.*

Romans 8:5-6 NLT

#### Calm My Anxious Mind

#### Watch Video

**Start talking.** Find a conversation starter for your group.

- Did you have any worries as a kid that seem silly now? If so, what were they?

**Start thinking.** Ask a question to get your group thinking.

- Which part of the message was most impactful for you and why?
- How often would you say you experience worry? What do you do when you're feeling worried?
- Did your thinking about prayer change at all while listening to this message? If so, how?

**Start sharing.** Choose a question to create openness.

- Share about a time when you decided to trust God instead of worrying. What prompted that decision? What kind of impact did it have on you?
- What's something you're worried about that you're having a hard time trusting God with? Why do you think it's so hard to trust Him with it?

**Start praying.** Be bold and pray with power.

*Father, thank You for who You are. Thank You that no matter what struggles we're facing, we can trust You to be with us, support us, and work all things together for our good. Help us set aside our worries and fears and turn to You instead. In Jesus' name, amen.*

**Start doing.** Commit to a step and live it out this week.

- This week, set aside 12 minutes for focused prayer each day. At the end of the week, reflect on how your thought life has been affected.
- Start the *Winning the War in Your Mind* Bible Plan using Plans With Friends: [www.go2.lc/war](http://www.go2.lc/war)
- Consider how you could love others by serving on Sunday or with a Local Mission Partner.