



LIFEGROUPS

**Get a Grip:
Getting a Grip on Your Mind**

Scripture: Topical

Date: Nov. 18 & 19, 2017

—[LET'S START]—

- To get a grip on our emotions, we must first get a grip on our mind. Our thoughts string together to become ideas that create images. How would you describe your thought life? What do you think about the most?

—[LET'S TALK]—

1. Adam and Eve's rebellion against God began in the mind – the choice was to either listen to and trust only God or to listen to and trust the serpent. Read Genesis 6:5-6 and 11-12. What fills your mind and thoughts that pulls you away from God? Explain your answer.
2. Have someone read aloud Romans 8:9 and 12:1-2. How do you allow the thoughts, ideas and images of Jesus' mind fill your mind?
3. Researchers have learned that our minds tend to default either to the negative things of our past or with anxiety to the future. Pastor Dale pointed out that to get a grip on our mind, we need to living in the moment – not what was or what could be, but right now. To do this we need to be aware of the presence of God in and through the Word of God. Explain how you can go about that.

—[LET'S ACT]—

Take Pastor Dale's "One Day Challenge."

1. Turn off the noise! Other than what you must do for work, challenge yourself to turn off the television and the computer and your music.
2. Open up God's Word and read one chapter. It can be a Psalm, a chapter from one of the gospels, or a chapter from a book like Philippians. Before you begin, just be still and become aware of Who you are reading. You are catching God's breath; you are hearing His living voice. Read it slowly at least three times and on the third time, underline the verses and phrases you feel He is directing specifically to you.
3. Keep a journal and write down what verses you underline.
4. Answer the question, "What is God saying?" for each verse.
5. Answer the question, "What does this mean for my life?"
6. Have a conversation with God about what you heard.
7. Share with your friend or your family how your day went.

—[SERMON REVIEW]—

- Our worldview determines if we are in conflict with God and each other.
 - Looking at the world through the lens of God's truth and love brings peace.
 - Looking at the world through the lens of anyone else's truth brings conflict.
- Only Jesus can bring us back to a right mind by revealing the Father and His truth to us.
 - Jesus made it possible for us to have His very own mind.
 - The Holy Spirit dwells in us if we believe in Jesus with our whole life.
- The thoughts, ideas, and images of Jesus' mind can fill our own.
 - Get a vision of what your thinking life can be.
 - Intentionally live in the present.
 - Be aware of God's presence in and through His Word.

—[NOTES]—
