



RENT FREE

Taking My Mind Back

#nprentfree

Week
2 of 4

September 12, 2021

Bottom Line: Your life is always moving in the direction of your strongest thoughts.

Icebreaker: Describe the first place you ever lived on your own. Where/what was it like? Did you rent or own?

Key Verse: *A double-minded man is unstable in all his ways.* James 1:8 KJV

How we think dictates the direction of our lives. We will waste our lives if we do not learn to take our thoughts captive and eject the wrong thoughts. Our minds are the front line in our spiritual battle. Satan's goal is to deceive the mind and then control the mind, but we don't have to take ownership of a thought just because it came. Our thoughts are just thoughts—we give them too much power. The main thoughts from Satan are lies we tell ourselves. They are all in one of these categories: I am helpless, I am worthless, I am unlovable. Our confusion comes from Satan, our wounds, or our sin. But God has given us weapons to tear down the strongholds that have been erected against His truth. We are told to be aware of Satan's strategies and schemes so we can battle them and win.

Enemies of the mind include **self-importance**, leading to fruitless comparison and disillusionment. We fight it by making the choice to become humble before God. **Noise** is the continual spiral of thoughts in our minds. We fight it with silence as it interrupts problematic thought patterns. **Cynicism** is the enemy's strategy to flood our thoughts with visions of all that is wrong in our world. Our weapon is delight—to find our delight and joy in Christ. **Isolation** makes you discontented, disillusioned, discouraged, and disengaged. The weapon is connection. God puts us in community because we need others to help us fight the battle for our thought life. **Complacency** is wanting comfort more than God, and finding comfort in mediocrity, things as they are. The weapon is to be intentional. Your life is always moving in the direction of your strongest thoughts. **Victimhood** is the enemy that keeps us licking our wounds instead of healing and moving forward. Gratefulness evicts the victim mentality. **Anxiety** is an all-consuming thought pattern that has us always asking "what if"? Our fear goes into overdrive. We fight anxiety by trusting the God who knows all things and will give us exactly what we need when we need it.

Our **FOCUS** is what leads us to a well-balanced mind and self-control. Focus on what you can control. That leads to positive self-talk, which then impacts our emotions and feelings and leads to our actions or behavior. Where your mind goes, you go. You always have a choice. We have the weapons and power to win. You must be in community.

THINK IT OVER >>>

What was the most significant part of Sunday's message to you?

People have between 9,000 and 60,000 thoughts in a single day. Over 75% of these are harmful, and over 75% are repetitive. Reflect and discuss evidence for this.

What does James mean when he describes a person as double-minded? (James 1:8). Why does having a double mind make you unstable?

The three areas of lies are "I am helpless, I am worthless, I am unlovable." What do these lies indicate about your thoughts about God?

Clean, simple, straightforward thinking reflects the mind of Christ. Consider this and discuss. How do you know this is true?

Which of Satan's strategies are most effective in your life? Are you battling with the weapon suggested? How or why not?

LOOK IT OVER <<<

Share a wrong thought that has persisted in your mind in the last week or so. Reframe that thought in a way that will help you and share with the group.

Every weapon Satan uses against us is best dismantled in community. Why do you believe this is so? How does it happen?

Why do we tend to reject or neglect community when we are fighting a battle? How would you encourage someone to engage who is resistant?

For many of us, anxiety has become the soundtrack of our lives, so familiar that we hardly notice it playing in the background of every scene. Anxiety can at times be a life-saving mechanism, but when it is triggered at inappropriate times or stuck in the ON position it becomes debilitating. Discuss. How do you know when this is happening?

Just because something gets your attention doesn't mean it deserves your attention. How do you effectively focus?

NEXT STEPS

1. Who and what is living in your mind rent free? What needs evicted? Make an honest assessment.
2. Determine your weapon to fight the squatter that is taking up the most illegitimate space.
3. Make a plan to evict those thoughts and take back your mind. Share it with someone in the group.

EVALUATION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: Your life is always moving in the direction of your strongest thoughts.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

PRAYER

List group members and their prayer requests for this week:

DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at newpointe.org/daily:

Monday: Psalm 46:1

Tuesday: Psalm 118:6

Wednesday: 1 Peter 1:13

Thursday: Job 31:1a; Psalm 101:3a

Friday: Romans 8:5-7

Don't let the conversation stop here. Keep talking it over with others throughout the week.

(Don't forget to bring this paper to your next small group meeting)