



# RENT FREE Mind Management

#nprentfree

Week  
4 of 4

September 25, 2021

**Bottom Line:** Managing your mind is the key to peace.

**Icebreaker:** Where is your most peaceful place on the planet? When you are disconcerted and anxious, what helps you find peace?

**Key Verse:** *Letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.* Romans 8:6 NLT

The biggest problem you and I must deal with—in fact, almost the only problem we have to deal with—is choosing the right thoughts. If we can do that, we will be on the highroad to solving all our problems. Our mental health has a direct effect on our physical health. We cannot instantly change our emotions just by “making up our minds to,” but when we change our actions, our emotions will begin to follow. The key to happiness begins with the process of managing our minds. God has the ability to give us the power to identify the negative, hurtful, toxic lies, capture them and replace them with truth. You must become aware of your mental filter or cognitive bias because it is what controls what you let into your mind. It’s your reasoning based on what you have seen or experienced. The filters will shape the way you see life, and therefore, they will shape how you live life. If you change the filter it often changes how you feel. This is why God is far more interested in changing your mind than changing your circumstances—if you don’t change your thoughts, transformation will never happen in your life. Good may appear bad to the person with the wrong filter. There are three vital reasons to manage your mind: **1) Your thoughts control your life; 2) The mind is the battleground for sin, 3) The mind produces peace and contentment.** You must focus on what you can control. You can’t control events or outcomes, but you can control your responses. The way you respond will have a great impact on the outcomes. The early church was in the middle of events they couldn’t control and outcomes that were uncertain. The natural result was anxiety, but Paul urged Timothy to manage his mind—to allow God to give him a sound mind. That literally means a mind that has been delivered, rescued, revived, salvaged, and protected and is now safe and secure. You don’t have to live in the grip of anxiety and fear. You can allow God’s Word and the Holy Spirit to work in you. Your rationale, logic, and emotions can be shielded from the illogically absurd, ridiculous, unfounded, and crazy thoughts that try to grip your mind. **How do I develop a sound mind? Disciplined focus, healthy self-talk that is put to the test of truth, emotions that drive discipline, followed by effective action.** Focus on things that matter. The KEY is repentance—changing your mind. The more intentionality you put into the process, the better you will be.

## THINK IT OVER >>>

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

Discuss:

“Our life is what our thoughts make it.” – Marcus Aurelius

“You are not what you think you are; but what you think, you are.” – Norman Vincent Peale

“Action seems to follow feeling, but really action and feeling go together; and by regulating the action, which is under the more direct control of the will, we can indirectly regulate the feeling, which is not.” – William James

How would you explain cognitive bias? Can you identify one that you currently have or have had?

Change the filter, change the feel. How has that worked in your life and experience.

How is fact impacted by feelings? Vice versa?

## LOOK IT OVER <<<

Finish this sentence: “Any thought I accept shapes my life, therefore...”

One of the reasons why you get mentally fatigued is because there’s a battle in your brain 24 hours a day. It’s debilitating because it’s intense, and it’s intense because your mind is your greatest asset. Satan wants your greatest asset! How do you need to fight the battle?

Focusing on what you can control is wisdom. Paul tells us that letting the Spirit control our mind leads to life and peace. How can you do that?

EVENT + RESPONSE = OUTCOME. How does this relate to mind management?

Compare a fear-filled mind and a sound mind.

The mind focuses on things, talks about what it focuses on, responds to what it talks about, and then is driven by the emotion it feels. Therefore, \_\_\_\_\_.

## NEXT STEPS

1. Consider the state of your mind and how it is the result of your focus and self-talk.
2. Intentionally begin your day with appropriate focus and self-talk, using the Word, music, godly input.
3. Commit to a disciplined focus schedule and environment.

## EVALUTION/ACTION

Realizing and reaching your full potential in Christ

**Bottom Line:** Managing your mind is the key to peace.

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](http://newpointe.org/daily):

Monday: Romans 8:6

Tuesday: Ephesians 4:22-24

Wednesday: Colossians 3:16

Thursday: Luke 15:11-32

Friday: Luke 8: 35, 38-39

***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)*