

**April 11th, Mind Your Mind**  
**Part 2 in the series, 'New and Improving'**

What were some things from last Sunday's message that resonated with you?

Was there anything you wrestled with?

Jim spoke about how God's Kingdom is a place where everything is continually being made new and nothing grows old. How does this world compare and why is it the way it is?

A: fallen world, everything moving towards deterioration, disorder, decay, because of sin

**READ 2 Corinthians 4:16-18**

**16** Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. **17** For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. **18** So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

In the message Jim said, 'we are being made newer and newer. In other words, in Christ, we are in fact new and improving.' What's our role in this process? What's the secret to living in and experiencing this new and improving life?

A: 'Think about God more.' Let thoughts about God take up more of your thinking, involve Him in your thoughts, direct more thoughts toward Him and think more about what He might be thinking.

If it's really that simple, why don't we seem to naturally do just that? What often becomes our default state of being instead?

A: As we grow into adulthood fear becomes more natural and love becomes more foreign.

How does our culture perpetuate fear rather than love?

**READ Philippians 4:8**

**8** 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.

2 Corinthians 10:5

**5 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.**

In the message, Jim said, “there is an extremely well resourced campaign by the enemy of our souls to infiltrate and sabotage our thinking.” According to the verses we just read, what must we do regarding our thinking?

Why do you think the enemy so often targets our thinking?

What happens, what kind of reaction takes place in us when we choose love over fear in a particular moment or situation?

A: healing hormones are released and a chain reaction is set off to undo the damage of toxic thinking.

**READ Romans 12:2**

**2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.**

Say you have an important presentation at work. How might you think about stress in a state of love rather than fear?

A: “this is exciting, this is a great opportunity to grow my career/me as a person. This could be an adventure, this might be really good for me, I might come out of this looking really good, I might come out of this a stronger person etc...”

How might you find the strength to be transformed in the way Paul describes?