

Theme Overview

Spiritual transformation begins in the mind. The world constantly pressures us to conform, but God renews us through His truth. We can learn to recognize and replace lies with His Word.

Icebreaker

What's something you once believed strongly but later realised was wrong?

Bible Reflection

Read: Romans 12:1-2; 2 Corinthians 10:1-6

Romans 12:2 challenges us to be transformed by renewing our minds. 2 Corinthians 10 teaches that we can take every thought captive and make it obedient to Christ.

Discussion Questions

1. What are some lies or unhelpful thought patterns Christians commonly believe?
2. The JB Philips translation of Romans 12:2 says *'Don't let the world around you squeeze you into its own mould, but let God re-mould your minds from within, so that you may prove in practice that the plan of God for you is good, meets all his demands and moves towards the goal of true maturity.'*
 - a) What are some examples of how the world tries to 'squeeze us into its mould'?
 - b) Why are our minds so key in resisting this?
3. 2 Corinthians 10 talks about the need to 'demolish strongholds' and 'take every thought captive.' What do you think this means in practice?
4. These verses describe it in terms of a spiritual battle (v4) and John 8:44 talks about the devil being the 'father of lies.' How do you feel about our thinking being a spiritual battlefield? How might that determine how we might 'fight differently'?
5. How can we use the 'sword of the Spirit which is the Word of God' (Ephesians 6:17) as a weapon to defeat these lies of the enemy and destructive thoughts?
6. How can you as a group help each other stay focused on God's truth and not think unhelpful and destructive thoughts?

Practical Application

Dave talked in his sermon about 3 steps to 'transform our minds'

- 1) STOP it! Stop and recognise an unhelpful thinking pattern

- 2) CAGE it! Instead of our thoughts taking us captive, take that thought captive by acknowledging that it is a lie, repenting that we have been believing in lie, and handing that thought over to God.
- 3) REPLACE it! Replace that lie with a truth from God's Word.

As a group take some time in silence together to do this.

- Invite everyone to ask God what their most destructive 'stronghold' or negative thought is. (STOP it!)
- Declare in prayer that this thought is a lie and repent of believing this lie. Hand this lie over to God (CAGE it!)
- Ask God to give you a verse from the Bible which instead of the lie, gives you the truth that you can dwell in. (REPLACE it!)
- Pray this truth every morning this week and reject the lie as a way of asking God to re-mould your mind.

E.g.

Step 1: Thought... 'I'm a failure...'

Step 2: 'I acknowledge God that this is a lie and I repent of where this has stopped me being the person that you created me to be. I break all agreements with this lie and nail it to the cross.'

Step 3: Replace it with the truth of God's word: Ephesians 2:10 'For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do" (NIV).

'I declare that 'I am not a failure, but God's handiwork/masterpiece, created in Christ Jesus to do good works which God prepared in advance for me to do'

Midweek Challenge

Every morning this week, declare Romans 12:2 aloud as a personal prayer.