

WINNING THE BATTLE OF YOUR MIND

Week 1 – March 23-29



New Hope | Small Groups

WINNING THE BATTLE OF YOUR MIND



SMALL GROUP GUIDELINES:

SAFE GROUP: everyone can be real, open, and honest with their struggles and victories.

CONFIDENTIALITY: What is said in the group stays in the group.

LISTEN: really listening to what is being shared. Try to avoid thinking about how you are going to respond, or what you are going to say next.

PAUSE: Give the person sharing the chance to finish and the group the opportunity to consider what was just shared before responding.

NO "CROSS TALK": Be considerate of others as they are sharing. No side conversations.

NO FIXING: We are not here to fix each other. Jesus does that part. Give encouragement; speak truth, and point to Jesus.

NO RESCUING: When people are sharing something deeply personal resist the temptation to rescue them by giving advice. This will often cause them to stop sharing.

SHARING: Be sensitive about the amount of time you share.

BE SELF-AWARE: Be self-aware of how you are personally effecting the environment through your words, actions, and non-verbal communication.

USE "I" STATEMENTS: It's easy to talk about the issues of others, but for our purposes, we want you to put yourself on the table. Try to use "I" statements rather than "them", "the church", "us", "we", etc.

CONFLICT: When conflict or sin issues arise, we want to make sure that we are honoring God and each other in the way we deal with these issues.

Small Group Evening Schedule:

10min - Hangout time

10min - Welcome, Opening Prayer, Group Guidelines, Announcements

10min - Follow-up discussion about Sunday's Sermon

- What is one thing you learned? What challenged you?

40min - **Storying through scripture:**

During this series, Pastor Tim is going to help us understand how to win the battle in our minds. Too often our thought life is riddled with negativity, anxiety, worry, lies and self-doubt. The first step in the battle is to determine the source of these thoughts so we can have the right plan to fight against them and win. Today we are going to go deeper into the three sources Pastor Tim taught on this past Sunday.

Read Romans 8:5-11

Thinking about the conflict of our own human thoughts, meaning our "flesh" according to Romans 8, what are the consequences of these thoughts?

What do we experience when we have our thoughts aligned with the Spirit according to this passage?

READ: John 8:42-47

Why was Jesus angry with the Pharisees he was talking to in this passage?

Why couldn't they hear the words Jesus' was teaching them?

What does Satan do to keep you from hearing truth and Jesus' voice in your life? What is his desire for your life?

What lie does Satan use against you personally all the time? Share with group.

READ: 2 Corinthians 10:3-5

What is a stronghold in the battle in your mind? What does that mean?

According to this passage, what gets demolished in this battle?

Jesus can give us victory in our thoughts! Next week we will dig deeper into this passage and learn how to pick up the weapons God has given us to walk in victory!

10min - Share prayer requests & pray.

(one person write requests and email or text to the rest of the group)
