

## Get Real About Your Thoughts (Week 5)

VISION - On Sunday, Mark continued the Get Real series by talking about the power of breaking free of strongholds by renewing our minds. He shared from 2 Corinthians 10:3-5 about how we fight in our own strength, how the enemy works in our lives through establishing strongholds of lies, and how to break free of them. He summarized a simple process of that in three parts: 1) Recognize 2) Repent 3) Replace

SCRIPTURE - 2 Corinthians 10:3-5

DISCUSSION -

1. Mark shared how our thoughts and feelings are interconnected, and how the state of our soul is often an overflow of our thought life. How have you seen that play out as true in your life or the world around you?
2. Read 2 Corinthians 10:3-5. Mark said that the flesh was essentially our humanity apart from God, or what we can do in our own strength. What are some ways that we spiritually fight with the flesh (in our own strength), and why doesn't that typically work out well for us?
3. Re-read verse 4. Mark shared that our enemy, the devil, has one main strategy: using lies and accusations to develop strongholds in our minds and lives. It is through strongholds that the enemy can discourage, accuse, and shame us into addictive behaviors and debilitating thought patterns. So, if we see areas of discouragement, sin patterns, of hopelessness, we need to go down the iceberg to find the stronghold behind it. What are some ways we can start to RECOGNIZE (step 1) and identify strongholds in our lives?
  - i. Leaders - I mentioned a number of areas and questions in the handout, including any negative memories associated with a feeling, identifying an emotion that is felt, and identifying the underlying belief around that. Community can be helpful here (sometimes just processing it out with a good question asker), and sometimes getting a counselor or spiritual director is needed.
4. Re-read verses 4 and 5. Mark shared that two of our main weapons here are REPENTANCE and the replacement of truth. What is repentance, and why is it essential to take time to do this when we identify a stronghold?
  - i. Leaders - I think it's important for people to be able to differentiate repentance from "believing the Bible" or being "encouraged" or "convicted." Repentance is the work of uprooting a lie, which takes focused attention, ownership, and turning. Psalm 51 is a great model of repentance we see in David.
5. Re-read verse 5. We see that we're not just recognizing and repenting of lies, but we're focused on the knowledge of God. God doesn't just want to take what is bad, but he wants to give us what is better in to REPLACE it. What are some ways that you might discern what God wants to give you and keep this truth in front of you?

BREAK UP - As Mark has shared, we'll get as much breakthrough in this series as we'll put in work. We'll continue taking time in guys and ladies groups to process what God is doing in us, as well as share how we're applying the practice the growth "homework" and how that experience has been. Our invitation this week was to renew our minds in an area of our lives through 1) recognizing 2) repenting 3) replacing.

1. What is God doing in you this week through this sermon series/passage?
2. Did you take time to apply the sermon & think through the lament exercise? If so, how did it go?
3. Is there anything you need to do coming out of this, and how can we as a group pray for you and support you in that?