



Journey Church

July 16, 2023

Shema: Mind

What we think shapes who we are.

Romans 12:2, Mark 12:30, Philippians 4:8-9

There is a battle for our minds.

Ephesians 6:12, John 10:10, John 8:44, 2 Corinthians 10:5

- A lie believed to be true, will affect our life as if it were true.
- We shouldn't believe everything we think.

"Set your minds"

Colossians 3:2, Romans 8:5-6, Ephesians 4:17-23

- Be mindful of God's presence.
Mark 4:35-41, Matthew 28:20, Joshua 1:9
- Become saturated with God's word.
Deuteronomy 6:6-9, Psalm 1:1-3, 119:11
- Live with eternity in mind.
Colossians 3:1-3, Matthew 6:19-20

Questions/Topics for this week:

1. If what we think shapes who we are, what thoughts have molded you into who you are today? Are they positive or negative?
2. When we believe a lie to be true it can be a self-fulfilling prophecy. How does drawing close to God help us determine truth from lies?
3. What does it mean to set our minds on things above?

Be Intentional:

This week set goals to intentionally be mindful of God's presence, be saturated with God's word, and live with eternity in mind. Share your goals with someone close to you.

Pray:

Spend time praying together. What are some ways in which you can pray for each other? Take some time in the coming week to explore ways in which you can encourage one another. Remember to share with your group what you are learning about those opportunities and reflect on God's Word as you pray for each other.