

- **Focus Your Mind**

*“Set your minds on things above, not on earthly things.”*

**Colossians 3:2 NIV**

*“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.**”* **Philippians 4:8 NIV**

**Think About What Is True**

**Think About What Is Noble**

**Think About What Is Right**

**Think About What Is Pure**

**Think About What Is Lovely**

**Think About What Is Admirable**

**Think About What Is Excellent**

**Think About What Is Awesome**

*“Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”*  
**Philippians 4:9 NIV**

*“You will keep in perfect peace all who trust in You, all whose thoughts are fixed on You!”* **Isaiah 26:3 NLT**

---

**Next Week | Reset Your Power**

---



---

**April 22, 2018 | Reset Your Thoughts | Ron Thompson**

---

*“Jesus replied, ‘The most important commandment is this: Listen, O Israel! The LORD our God is the one and only LORD. And you must **love the LORD your God with all your heart, all your soul, all your mind, and all your strength.** The second is equally important: Love your neighbor as yourself. No other commandment is greater than these.’”* **Mark 12:29-31 NLT**

## STEPS TO RESET YOUR THOUGHTS

- **Renew Your Mind**

*“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.”*

**Romans 12:2 NIV**

- **Monitor Your Mind**

*“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.”* **2 Corinthians 10:5 NIV**

*“Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever.”* **1 John 2:15-17 NIV**



This Study Guide is designed to help you apply Sunday's message. Join one of our message-based Community Groups to do this study together. Visit the Groups table after service to find a group!

## **LESSON AIM: The aim of this lesson is to reset our mind to God.**

### BELONG in God's family:

---

**CHECK IN:** (optional) Let's briefly share with each other how we've been doing this week.

#### **OPENING PRAYER**

**ICEBREAKER:** When you let your imagination run wild what type of things do you most like to think about and imagine?

### BECOME like Jesus:

---

1. Sunday's message centered on the mind and resetting our thought life. What insight, point or principle did you find helpful?
2. Read Genesis 6:5. Once sin entered mankind, what impact did it have on the human mind? What does Psalm 94:11 say about how God views our thought process? When we receive Christ, we are made new. What does Romans 12:1-2 say about how God wants us to reset our thinking?
3. Let's look at Ephesians 4:17-24. From these verses what negative attitudes should we eliminate and what positive attitudes can we cultivate? 1 Corinthians 2:14-16 says, "Who can know what the Lord is thinking?" Describe the process going from our own thought process to having the mind of Christ. How does this happen? Share a time when you pursued God's perspective on a situation you were facing.
4. Read 1 Samuel 15:12-23. We see King Saul justify in his mind his disobedience to God's command. Saul figured that he had obeyed, but just compromised a bit for what he thought would be a better

outcome. Yet he failed to follow God's clear directive. Explain how many of our successes and failures are won or lost in our mind. How can Proverbs 3:5-6 help us with this battle within our mind?

5. Read Colossians 3:1-5. How can setting our mind on God and Heaven and identifying with our position in Christ help us overcome downward thoughts? What steps can we take to win the battle over sin at the thought level? See Philippians 4:8-9. How can these verses be a solution to impure and destructive thoughts?

### BLESS others:

---

Go to Philippians 2:1-5. What was the attitude of Christ? Since we are to have the mind of Christ, what should our attitude look like? How might a Christ-like attitude bless the people around us?

### BUILD God's kingdom:

---

Our lesson aim is to RESET our mind to God's, yet our minds are bombarded on a daily basis from the media we consume. Explain how media impacts our effort to have the mind of Christ. What would be a reasonable balance between our media intake and our quiet time with God? Why is this important?

### BELIEVE God and act in faith:

---

It all starts in the mind: Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny. What do you sense God inviting you to do in response to this study?

**PRAYER:** What challenge are you facing this week? How can our group pray and support you?

**April 22, 2018**



Get a copy of this Study Guide and other message resources at [www.twincities.church](http://www.twincities.church)