"Joy In The Everyday: The Mental Battlefront"

Growth Group Guide **November 8, 2026**

WELCOME *(Connecting with each other)*

"Thinking leads to action which leads to experience." Discuss this statement and describe what it's saying. Use examples. Look at the following prayer from 31 Days of Praise. Which parts reflect "thinking," "experience," and "actions." What are the results?

"I praise You that the Lord Jesus lived His life sinlessly, in total accord with reality, with no falseness, no self-deception, nothing to regret, nothing to be ashamed of … that He proclaimed the truth, the one utter reliable foundation for our thinking and living. … What a delight to know that as I focus on Him, You transform me into His image by Your Spirit within me. You work in me that which is pleasing in Your eyes. You strengthen my heart in every good work and every good word, so that more and more I honor Christ by the way I live." (Myers, Ruth. Myers, Warren. 31 Days of Praise. Kindle. Day 3.)

WORSHIP THROUGH PRAYER *(Connecting with God)*

Read the verse below. Afterward, open in prayer allowing each person to praise the Lord for the victories and changes God's given in their life.

2 Corinthians 3:18 TLB. But we Christians have no veil over our faces; we can be mirrors that brightly reflect the glory of the Lord. And as the Spirit of the Lord works within us, we become more and more like him.

WORD *(Letting God speak to us)*

1. **Read Philippians 4:8-9.** Paul shares here that thinking leads to action which leads to an experience of God with us. A breakdown in one causes the ones that follow to breakdown too. Many Christians describe a lack of experiencing God, even while they are involved in Christian activities. This implies a thinking breakdown (believing lies). Make a list of lies that might lead to what is described here?
2. What sort of thinking qualities listed in v8 are a springboard for addressing the lies discussed in question 1?
3. The devil and his forces first aim is to keep people from becoming Christians. If they become a Christian, their new focus becomes making them an ineffective Christian. How does it help to know this?
4. Does it surprise you to know that, the battlefront, the region where opposing sides are engaged in combat, is in our minds? How does knowing this cause us to approach our life as a Christian differently?
5. In Romans chapters 5-8, we're told there is a force called sin, that is in us but not us (like a splinter), that is tempting us to live out of our flesh. It even sounds like our voice as though it was our thought. How is knowing this a game changer?
6. Most Christians feel that the internal battle is us fighting against God. But really the struggle is between who will we listen to, the power of sin or the Spirit. How does understanding the conflict help you see yourself differently, bring freedom and give hope?
7. **Read Ephesians 2:1-3 and Romans 6:6-7,12.** The Ephesians' passage describes a non-Christian and the Romans' passage describes a Christian. What in Ephesians gives non-Christians no hope of overcoming the power of sin in their lives? In Romans, what gives a Christian confidence that they can overcome the power of sin?
8. **Read 2 Corinthians 10:5b.** How does this verse apply to this conversation? Who is responsible for what? Why is this helpful?
9. As Paul says in Philippians 4:9, it's important to be attentive to our thinking. What are some practices we can implement to help win the battle in our minds? How encouraging is it to know that as you attend to your thinking with Jesus, and depend upon Him in the practices He invites you to, that you will experience the God of peace with you?

WALK *(Living out God's purposes)*

✓ **One Big Idea: A battle rages in our thinking that we can and must win so that we can experience God's presence and live from what is true.** It's important to remember that our emotions follow what we think about, and if our thinking has been off, then our emotions will be too. It's hard, very hard sometimes, to pause with Jesus and let Him shine a light on our hurts and places where we feel disorienting emotions so He can show us the lies lurking there. They are revealed so you can work with Him on replacing them with the good, lovely, true, honorable things He says about you and Himself. Your will gets to choose to side with what is true since you are IN Jesus and He's IN you. This week talk to God about every battle you are facing (mental, emotional, spiritual, physical). Ask Him to give you the light you need and strength follow Him so you experience His grace, joy, peace, and freedom in new areas. Take heart, you are being transformed, equipped, and strengthened. You're bright reflection of His glory in and through you is growing. It's victory with great purpose!

WORLD *(Embracing God's heart for others)*

"Everyone Village is expanding with a new Workforce Development Center across the street, and… (drumroll) … They're currently working with the City of Veneta to explore the possibility of creating a second Everyone Village community! The idea is simple: take what they're learning in Eugene about shelter, relationships, dignity, and community, and bring it to a smaller town where people are facing many of the same challenges but have fewer resources. They're still in the early stages, and there's plenty of work ahead. But they're thrilled about the possibilities. If you'd like to help them name the new Village, send them your ideas here: everyonevillage.org/contact/." (October 2026 email newsletters.)

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