

Week 1:

# Change Your Thinking, Change Your Life



## Questions

1. What illustration, story, or example stood out to you this week?
2. How have you viewed your trials in the past? How does following Jesus change the way you view your challenges now? Who in your life could use encouragement to see their challenges through the lens of Christ?
3. Read Romans 12:2. What would a transformation look like for you? What area of your life would be impacted the most?
4. Read Ephesians 3:20. What's the grandest vision you can think of for your life? How could God surpass even that?
5. Where have you allowed your thinking to be limited instead of looking for God's capacity to change? How can you cultivate your thinking toward Jesus?
6. 2 Corinthians 10:5 says to "take captive every thought to make it obedient to Christ." What do you think that looks like in a practical sense?
7. What one practical step do you plan to implement from this week's message?

## Scripture References

Read Romans 12:2, Ephesians 3:20, Philippians 2:5, 2 Corinthians 10:5

## Takeaways

- You can change your life by changing your thinking.
- Your trials will not shape you. The way you view your trials will.
- Examples of limiting thinking:
  - This marriage is hopeless
  - Scarcity mentality
  - I don't have enough strength
  - I can't...
- The way you think will determine if you become the worst version of yourself or the best.
- Jesus can help you change and expand your thinking, for your good and God's glory.
- Jesus was the way He was...because of the way He thought.
- Jesus crafted, cultivated and tended to His mindset.
- God is waiting to change your life by changing your thinking.