

ReNew BeNew

WEEK #2: A NEW MIND

INTRODUCTION

We're starting a new year, but maybe you still feel like the old you. Maybe bad habits, unconquered challenges, and routines you've let slip hold you back. But today is a new day, a new beginning. Those things don't have to define your life anymore. You can hold onto something bigger, something more powerful than your own abilities and potential. You can have a fresh start. Because when God renews, you can be new.

DISCUSSION QUESTIONS

1. Read Lamentations 3:22-23. Think about your week. In hindsight, can you identify how God's mercies were new every morning in your life this past week?
2. Pastor Mark said, "*No Generation in history has been attacked mentally and emotionally by their time as yours and mine has, and it's getting worse.*" Would you agree? In what ways have you been impacted mentally & emotionally by the effects of our current cultural climate? How has it impacted your faith?
3. Read Romans 12:2. What does this Scripture mean to you? Discuss the difference between being *conformed* and being *transformed*. Think about your faith journey: In what ways have you conformed to the ways of the world? In what ways has God transformed your life?
4. Pastor Mark shared four practical ways to help renew our minds. First, which of the following do you feel you do well? Which of the following do you need to work on this week?
 - a. Ingest the Word of God (James 1:21).
 - b. Guard what you allow into your mind (Proverbs 4:23).
 - c. Move our minds off of ourselves (Philippians 2:2-8).
 - d. Leave on the conveyor belt what's not intended for your mind. (Philippians 4:6-7).
5. What was your biggest takeaway from the message, and why?

SCRIPTURE & QUOTES

Romans 6:4, 12:2 / Revelation 21:5 / 2 Corinthians 5:17 / Lamentations 3:22-23 / 1 John 2:15-16 / Daniel 3:26-28 / Ephesians 4:14 / James 1:21 / Proverbs 4:23 / Philippians 2:2-8, 4:6-7.

"100 years ago, people knew the problems of their communities. Today we are baptized by media with the cares of the whole world. Not sure the human mind was ever meant to bear that load."