

Flip the Script | Set Your Mind on Life

The mind set on the Spirit is life and peace (Romans 8:5-6). Our thoughts are not random, nor are they automatic. We have control over our minds and can choose to set them on life through the Spirit or death through the flesh. If we have repetitive thought patterns that are destructive and based on a lie, we can begin a process of changing those negative soundtracks to thoughts that produce life and peace by a) identifying and confessing the lie, b) replacing that lie with the truth of God's Scripture, and c) continually declaring out loud that truth in our own words.

GETTING STARTED

Craig Groeschel, in *Winning the War in Your Mind*, makes the point that our thoughts will control us, so we have to control our thoughts. How much control do you think you have over your thoughts? How much do our beliefs and words influence our thoughts, and how do our thoughts influence our beliefs and words? What else stood out to you from chapters 2-3?

GO DEEPER

1. According to Romans 8:5-6, the mind set on the flesh is death, but the mind set on the Spirit is life and peace? What leads us to set our minds on the flesh? In contrast, what does it look like to purposefully set our minds on the Spirit, and what steps are involved in that process?
2. James 5:16 teaches us to confess our sins to one another and to pray for each other. Why is confession such an important part of setting our minds on the Spirit? From Philippians 4:8-9, what else is necessary beyond confession to help us replace lies with truth?

MAKE IT PERSONAL

1. What is your mind set on right now (the flesh or the Spirit)?
2. What is the primary lie that is on repeat in your mind? According to Scripture, what is actually true about you, about God, and/or about your current situation (possibly ask your group for feedback on this)? How difficult is it for you to embrace and believe what is true?
3. How have your thoughts been influenced by your words (i.e. out of the heart the mouth speaks – Luke 6:45)? What needs to change in what you say out loud?

PRACTICE IT NOW – GROUP ACTIVITY

Take time as a group to develop personal declarations based on the primary lie and the truth of Scripture that counteract the lie. Use this three-step process (from *Winning the War in Your Mind*, by Craig Groeschel – pg. 52-53):

- **Expose the lie** – *example: if I had more, then I would be happy.*
- **Replace that lie with God's truth from Scripture** – *example: I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through Him who gives me strength (Philippians 4:12-13).*
- **Write this Biblical truth into a declaration using your own words** – *example: I can be content regardless of my circumstances, in plenty or in want, because no matter what I don't have, I know I do have Jesus. That means I can "rejoice in the Lord always" (Philippians 4:4).*

PERSONAL DECLARATION

My thoughts are fixed on the truth of God's Word. I declare today that my mind is focused on what is true, noble, right, pure, lovely, excellent, and praiseworthy. My thoughts are fixed on and saturated with the truth of God's Word that sets me free. My mind is not tossed by every wind of doubt, fear, or double-mindedness that blows my way (Philippians 4:8; John 8:32; James 1:6).

PODCAST

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