



Week 2 – Jesus, Reset My Mind

1. What kinds of negative thoughts tend to plague you the most, and where do you think they come from?

<input type="checkbox"/> I'm not good enough	<input type="checkbox"/> I'll never be able to change.	<input type="checkbox"/> I'm not making a difference.
<input type="checkbox"/> I'm not smart enough	<input type="checkbox"/> My life is worthless	<input type="checkbox"/> I'll never make a difference.
<input type="checkbox"/> I'm not good looking enough	<input type="checkbox"/> Nobody cares about me.	<input type="checkbox"/> There is no point. No hope. No purpose.
<input type="checkbox"/> I'm not strong enough	<input type="checkbox"/> Nobody values me.	<input type="checkbox"/> _____
<input type="checkbox"/> I don't have what it takes	<input type="checkbox"/> I'll never measure up.	
<input type="checkbox"/> My life is pointless	<input type="checkbox"/> I'm a screw-up.	

2. How have you tried to silence those thoughts in the past? How did that work for you?

3. Psalm 27:4 (NLT) says, *"The one thing I ask of the LORD—the thing I seek most—is to live in the house of the LORD all the days of my life, delighting in the LORD's perfections and meditating in his Temple."* How can changing the focus of our thoughts (i.e. what we think about, how much time we spend thinking, and what we are actively seeking in our minds) make a difference?

4. Philippians 4:4-8 says, *⁴Always be full of joy in the Lord. I say it again—rejoice! ⁵Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. ⁶Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. ⁸And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."* What does this passage have to say about 'resetting your mind'?

5. If God's Word could shine light into one area of darkness you face today or one area where you struggle to believe God's truth, what area would that be and why?

Prayer: Thank God for His Word pray for each other based on your answers to question #5.