

Can People Really Change? “Mind”- Ben Foote

November 4-5, 2017

Community:

1. What are some of your fondest memories or experiences you like to dwell on?
2. Do you consider yourself an *internal* or *external processor*? What are some of your usual tactics you use to help you process your thoughts?

Core:

1. **Read Jeremiah 17:9.** As we look at how the *heart* is associated with the *mind*, what does this verse tell us about the condition of our *hearts* and *minds*—seeing how they are one-in-the-same? Do you agree or disagree with what you read in this verse? Why?
2. **Read Romans 12:1-2.** Ben said, “*Broken minds lead to broken lives...and changed minds lead to changed lives*”. Where can you see *broken thinking* in your life? How has that broken thinking played out in life? Where would you like to see change in your thinking (and life)?
3. **Read Colossians 2:8.** What are some of the human or “*natural*” things that you’ve trusted in—to give you what only God can give you? What exactly are those things giving you? What do you think needs to change in your thinking in order to get what God says is best?
4. Ben talked a lot about our “*empty self*” and said that it needs instant gratification...is obsessed with self-image and what other people think about us. That’s it’s passive and hurried and busy. Does that ring true for you? If so, what does your “*empty self*” look like and how does it influence the way you’re living?
5. **Read Colossians 3:1-2.** What do you think it looks like (practically) to *set your mind on things above*? Where can you see setting your mind on what God says as a path to seeing change where you’re struggling?
6. Ben shared that studying the Bible and praying are excellent paths to mind change. What comes to mind for you when you think about praying and reading your Bible? What holds you back from praying or reading your Bible daily?

Challenge:

This week, write down the areas of your life that involve your mind and your thinking and where you want to see change. Write down: (1) Where you need to experience the **Grace** that forgives in this area (2) Where you need to experience the **Grace** that spiritually empowers you and changes you (3) Your **vision** for what your life could look like if you aligned your mind and your thinking with what God says is right and true. (4) Your **intent** towards seeing that change in your thinking (5) Your **strategy** for doing something new and different in order to see the change that you desire to see in your thinking—and ultimately in your life.