



groups | DISCUSSION GUIDE

The Lie: Your Thoughts are Harmless

WARM UP

Have you ever accomplished a difficult task by selling yourself the idea when you didn't think it was possible (finish a marathon, eat something gross, withstand dental work)? Talk about that time.

SET IT UP

In Romans 8, Paul makes it clear that our actions are the byproduct of where we put our attention. The stakes couldn't be higher: setting our minds on the things of the flesh leads to unrighteousness and death while setting our minds on the things of the Spirit leads to righteousness and life. For many, the lies of enemy have a stronghold in their minds.

- 1. Where do you tend to have your deepest thoughts and internal dialogue?**
- 2. When you have internal dialogue with yourself, does it tend to be uplifting or discouraging?**
- 3. How influential do you think your thoughts are when it comes to your actions and decisions?**
- 4. Read Philippians 4:8 out loud. Why do you think Paul urges this of Christ followers? What happens in your heart and life when you do the opposite of this verse.**
- 5. Your life will always go in the direction of your strongest thoughts. Have you seen this evidenced in your life either good or bad? Talk about that time.**
- 6. Once you believe a lie, it's as powerful as if it were true. What lie has become truth in your life?**
- 7. Your thoughts are not harmless. They need a harness. What truth do you need to tell your believable lie today?**
- 8. If you are willing, share when and where you tend to struggle with the lies you believe, and talk about the practical steps you can take to combat that lie with truth.**
- 9. Take some time to pray specifically for the lies and people that are shared at group tonight.**

WRAP IT UP

Your life will always go in the direction of your strongest thoughts. The way you can combat that is to find the lie (identify it), flip it (replace it with truth that is strong enough to live by). Pay attention to when and where the lie tends to creep up, and put a plan in place this week speak truth to that lie at the right times.

LEADER TIPS

A great action step this week would be to have your group come back next with with the lie the believe and the truth they can combat it with written down to share next week.