



Part One: It's All In Your Mind

Ask any professional athlete. The biggest battle is never on the field, the fairway, the diamond or rink: it's in your mind. In part one of this series, we'll look at what you think, and why what you think matters more than you think. Changing your mind can change your life.

Scripture: Romans 12: 1-2 NIV; 2 Corinthians 10:5 NIV

Bottom Line: Changing your mind can change your life.

Discussion Questions

1. "Sticks and stones may break my bones but names will never hurt me." Carey said this isn't true in most people's experience. Have any childhood beliefs or hurts stuck with you into adulthood?
2. How would you feel if you had to publicly playback the messages that scroll through your mind over the course of a day? What would people hear?
3. In Romans 12: 1-2, Paul makes it quite clear that one of the keys to changing your life is changing your mind. Why is changing what you think is so important?
4. If there was simply ONE thing you wish you didn't believe about yourself, what would that be?
5. What do you think God believes about you? How is that different than what you believe about you?

Moving Forward

Throughout this series, we'll be working on taking your thoughts captive. So this week, spend at least one day tracking your thoughts. If you dare, write them down. You might be surprised—even shocked—at what you discover.

Changing Your Mind

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind." Romans 12:2 NIV