



## HANG OUT (10 MINS)

- Welcome people as they arrive.
- Spend a few minutes making small talk/offer snacks.

## ICE BREAKER (10 MINS)

- Ask three to four people: What to you was the best movie of 2018?

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## SERMON DISCUSSION (50 MINS)

- Worship and Prayer

### RECAP

Ascend Series is all about rising to your next level. The beginning of the New Year is always a good place to start habits that allow us to step up. All of us have ascending hopes, but we don't have ascending habits. We form our habits and our habits form us. In this series, we will revisit biblical habits that will allow us to ascend onto the New Year. This will also coincide with a new tradition we will start in 2019: THE 21 DAYS OF PRAYER (January 7-27). **What is the most significant lesson you learned from Abigail Lasala's sermon on Sunday, *Ascend in my Thoughts*?**

- **Most people have uphill hopes and downhill habits. (Ecclesiastes 10:2 MSG)**
- **Everything begins with a thought. (Romans 12:2 NLT)**
- **What we think determines how we feel. (Philippians 4:8-9 NLT)**
- **Our thoughts determine our destiny. (Romans 8:5-6 NLT)**

### MAKE IT PERSONAL

#### 1. Find a **plan to control my thoughts.** (Hebrews 4:12)

- Why is the Word a more effective "ruler" of our thoughts?
- How do we allow the Word of God to rule our minds?

#### 2. Find a **place to think my thoughts.** (Isaiah 26:3 NLT and Colossians 3:2 NLT)

- Which one are you: Emotional or Logical?
- Some people are driven by emotions, others by logic, but God wants us to rest our minds in Him. What makes resting our minds in our emotions and logic faulty?

#### 3. Find a **person to stretch my thoughts.** (Hebrews 10:24-25 NLT and Proverbs 27:17 NIV)

- Do your closest friends stretch your faith and thoughts or do they make you more foolish?
- How can you be a friend who provides spiritual insight (wisdom) and foresight (vision)?

#### 4. Find a **purpose to submit my thoughts.** (2 Corinthians 10:5 NIV)

- Why is it important to submit our thoughts to Jesus (what can our thoughts do to us)?
- Read Proverbs 18:21 King James Version. Will you commit to speaking life to yourself, your thoughts and your friends?

#### 5. Find a **posture to begin my thoughts.** (Isaiah 55:8-9 NIV and Ephesians 3:20 NKJV)

- Think high and big. If our thoughts determine our destiny, it is important to think high and big when it comes to vision and decisions; but we must also think humbly and obey submissively to God's plans.
- How can you walk by faith and not by sight (2 Corinthians 5:7)?
- Will you obey God in your mind and heart even if things make no sense?

## CLOSING ACTIVITY (5 MINS)

- We are on week two of the 21 Days of Prayer. Have two people share what God has been teaching them.
- Prayer Requests and Prayer.

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### ANNOUNCEMENTS:

**BAPTISM BASH (January 27)**- If you haven't been baptized by immersion yet and wish to do so, speak to your DG leader.