



WEEK 1: YOUR MIND IS A BATTLE GROUND

WELCOME

Welcome to week one of our new series, THE BATTLE GROUND. On Sunday, Pastor Jon kicked off the series with an introductory sermon. As we step into the new season, once again we will be faced with new challenges, and with it are new anxieties. Our minds are a battleground, and our thoughts are powerful. They change our perspective, impact our decisions, and influence our habits. The Bible teaches us not to become trapped by our thoughts, and the help us to escape negative and unhealthy thinking. Let's learn what it means to take our thoughts captive and gain ground in our greatest battle-ground.

- What piece of advice would you give to your 16-year-old self

WORSHIP

- Sing, THE BATTLE BELONGS
(If you're meeting in a public space, skip the song and instead have 2 or 3 people share a praise/thanks report.)

WORD

- **Read Proverbs 23:7**
 1. What do you think does this verse mean?
 2. It is said that our lives move in the direction of our greatest thoughts. Why do you think are thoughts have so much power over our direction?
 3. Can you share a thought/idea/phobia/dream (pick one) from childhood that has shaped the way you live?
 4. Based on question 3, how do we know that we have either won or lost a battle in the mind?
- **Read 2 Corinthians 10:3-5.**
 1. What does the Apostle Paul mean by *For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world?*
 2. Read verse 4. What does Paul mean by arguments and pretensions that oppose the knowledge of God? And, what weapons do we have in Christ to fight our spiritual and mental battles (Read Ephesians 6:10-20)?
 3. Read verse 5. Paul reminds us that we have spiritual authority. Pastor Jon mentioned the phrase "take captive" is a military term. What does it mean to take every thought captive and making them submit to Christ?
- **Read 2 Peter 1:3.**
 1. How does this spiritual authority make you feel about facing the battles in your mind?

WORK

- Remember Pastor Jon's sermon points:
 1. There's never a moment in time when we are not at war.
 2. There's never a moment in battle when we are not equipped.
 3. There's never a moment in life when are all alone.
- Share a battle you're currently fighting. Pray for one another's battles.

KEY SCRIPTURES

2 Corinthians 10:3-5 NIV

3 For though we live in the world, we do not wage war as the world does. 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Proverbs 23:7 NKJV

For as he thinks in his heart, so is he.

2 Peter 1:3 NIV

His divine power has given us everything we need for a godly life ...