



MASTERMIND

CHANGE YOUR THINKING, CHANGE YOUR LIFE.

Big Idea

Pastor Brett – Part 1

Your life is always moving in the direction of your strongest thoughts. Are you excited about the direction your thoughts are taking you? Your joy or lack of joy, your peace or lack of peace, your hope or lack of hope, is based on what you think about, what you focus on, what you believe about yourself. Pastor Brett launched a new series called **Mastermind: Winning the War in Your Mind**. This weekend’s message helps you to identify the number one stronghold that is holding you back and helps you to name the truth that demolishes that stronghold. The goal is to have the truth of God’s word, His promises, His thoughts to you become your default thoughts by thinking about them over and over and over again.

2 Corinthians 10:3-4 *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. On the contrary, they have divine power to demolish strongholds.*

Life’s battles are won or lost in our mind. The enemy, Satan, wants to shape your thinking one lie at a time. God wants to shape your thinking one truth at a time. Who is winning in your life? You will never change your mind until you change the way you think. What comes to your mind comes out in your life. If you don’t like your life then you need to change your thinking.

Discussion Questions

- Think about what you think about. Take the thought audit below by circling the number that best represents your life.

THOUGHT AUDIT											
Worried	1	2	3	4	5	6	7	8	9	10	Peaceful
Negative	1	2	3	4	5	6	7	8	9	10	Positive
Worldly	1	2	3	4	5	6	7	8	9	10	Eternal

- Now take the thought audit again but this time put a square around the number that you want to have in your life.
- Read 2 Corinthians 10:3-5 and discuss what God’s truth is telling us.
- What is the number one stronghold that is holding you back from experiencing God’s best? What truth from God’s Word will demolish that stronghold?

Prayer Focus

Ask God to reveal ways in which you can grow to become more spiritually healthy. Ask Him to show you any things you should reduce or remove from your life that have become sources of destruction, fear, or depression.

Next Steps

Identify people with whom you can share your life. If you have no one you can talk to, search out new relationships in which you can take off the mask and share what’s really going on.

Leader Tip

Encourage your group members to share with at least one other person in the group one area in their thought life that they would like to grow in. Have them be prayer partners this week for encouragement and accountability.