



# How to Renew Your Mind

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## GROUP ICE BREAKER

Have you ever participated in a group project? How was that experience for you?

## REVIEW LAST WEEK'S NEXT STEPS

What, if any, next step did you commit to last week, how did it go?

- I will define “narrow gate” as obeying Jesus in all things, not narrow-mindedness, doctrinal correctness, or how many people will end up in Heaven.
- I will begin thinking and praying about putting obedience to Jesus above all else.
- I will be narrow in my devotion to God and broad-minded in my interactions with people who are different than me.
- I will read through the Sermon on the Mount, asking God to speak to me.
- I will consider obeying Jesus as the greatest opportunity I'll ever know in my life.

## MESSAGE SUMMARY

You have heard the saying, ‘you are what you eat,’ but maybe the more accurate saying would be, ‘you are what you think.’ This week we look at Jesus’ teaching about what’s going on inside our hearts and minds and how it influences our actions.

In Luke 6, Jesus declares that a good man brings good things out of the good stored up in his heart. In this, Jesus connects a person’s character with their thoughts and actions. Like the fruit trees planted around us, what we produce is generated from what is in our minds and hearts. This means that the things we expose ourselves to, and the way we walk with God, influence not only our daily walk but also our daily actions!

This idea can bring us great peace, but it can also challenge us. How do our anxious, angry, or cranky thoughts influence our actions? What does Paul mean when he writes that we have the mind of Christ? How do we make changes if we feel like we are in an unhealthy rut?

Imagine what it would be like if your thoughts, feelings, desires, perceptions, and understandings were the same as if Jesus were in your place. That really can happen. And that’s what we’ll talk about this week.

## DISCUSSION QUESTIONS

1. Luke 6 discusses topics like loving our enemies and judging others. How does this week's verses and discussion add to the narrative of Luke 6?
2. Matt discusses two 'laws,' the first being the law of the tree. In this law what goes on in the inside of a tree determines what gets produced. How do you interpret this law in your life?
3. The second law is the law of exposure, what enters and occupies your time will ultimately yield fruit in your life. Do you agree with this law? Does the law of exposure impact the way you approach things you are exposed to?
4. In Romans 8 Paul discusses two mindsets, a mind set on desires and a mind set on the Spirit. Read Romans 8:5-6, how does this verse sit with you?
5. Matt challenges us to adopt to new rhythms in order to renew our mind, the rhythm of memorisation and meditation. Are one or both of those rhythms a part of your walk with God? Are one or both of those rhythms challenging for you?
6. How does spending time in God's word with the intention of memorising God's word impact your walk with God?
7. How does meditation on God's word and on God's movement impact your walk with God?
8. What is one thing you can commit to this week to help renew your mind?

## NEXT STEPS FOR THIS WEEK (COMMIT TO GROW)

Use these as a guide to take your next step and commit to what you learned this week:

- I will spend an unhurried, frenzy-free, rush-free time in Scripture this week.
- I will memorize and meditate on Psalm 16:8 this week.
- I will memorize a passage of Scripture that relates to something I struggle with.

## SCRIPTURE REFERENCES

- Matthew 7:15-20
- Luke 6:43-45
- Genesis 2:17
- Genesis 3:2
- Romans 8:5-8
- Psalm 10:4
- 1 Corinthians 2:16
- Romans 12:2
- Psalm 16:8
- Genesis 24:63
- Psalm 1:2

## PRAYER REQUESTS

Take time to share how you can be praying for each other over the next week:

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