



Conversation Starter

Have you ever decided to try something new, or start a project, or go on a trip, only to realize that you hadn't made a good plan? What happened?

Dig In

Failure to plan is a plan to fail. -Benjamin Franklin

The adage, "You are what you eat" is quite applicable to our thought life; what we consume mentally fills our minds and shapes our thoughts. If we are not intentional with what we put into our minds, we have little hope of controlling our thoughts. They will take us where we do not want to go and keep us there longer than we wish.

Do you think about *what* you think about? Before starting on the questions, discuss with

your group the importance of being intentional with what you fill your mind with.

The Bible is filled with passages about our thoughts...and God's thoughts toward us. Before getting started on our thoughts, take a few minutes to read about God's thoughts. Open your time by praying through the following passages.

Read: [Isaiah 55:8-9](#), [Psalm 40:5](#)

Q. What do these passages reveal to you about God?

Q. How might knowing, or being aware of God's thoughts change the way you think about life, relationships, and the world around you?

Read: [Deuteronomy 6:6-9](#), [Isaiah 26:3](#)

Q. Moses, the author of Deuteronomy, instructs the Israelites to fill their days with time in the Scriptures. Why is it so important to fill our mind with God's word? How might consistent time in the Word make an impact in your life?

In Closing

As you close your time, take a few moments to reflect individually on your thought life. We all struggle with bringing our thoughts into submission to the Lordship of Jesus Christ. Thankfully, we serve a God who is faithful and just, who forgives us of our sin when we confess it to Him ([1 John 1:9](#)). Spend a few moments privately asking God to search your heart, reveal your thoughts, and confess to Him where you have allowed your thoughts to stray. As a group, pray that as you pursue Christ, you would be transformed more and more into His image, both inwardly and outwardly.

The Condition of Our Heart/Mind

Read: [Jeremiah 17:9-10](#), [Matthew 15:18-19](#)

Q. What does the Word say about the condition of our hearts (thoughts)? **Follow Up:** What do our thoughts reveal about us?

Our Hope

God knows our thoughts, yet he still loves us. He hasn't left us powerless to the whims of our minds. He has given us His Spirit to empower us and His Word to aid us in the battle that wages in our minds.

Read: [1 Chronicles 28:9](#), [Ezekiel 36:27](#), [Jeremiah 31:33](#), [2 Corinthians 10:5](#), [Hebrews 4:12](#)

Q. God loves us so much that He has given His Spirit to those who put their trust in Him and has provided us with tools to guide us. How does knowing this change the way you see His Word? How might it change your time in the Word?

Q. What does "taking every thought captive to obey Christ" mean? How can you practice this?

Q. When, or with what thoughts do you struggle with bringing under the obedience of Christ the most? (If you are in a co-ed group, you may want to consider giving men and women the opportunity to answer this question separately.)

[2 Corinthians 10](#) tells us that we aren't fighting against flesh and blood, but against spiritual strongholds. That includes the war that Satan wages for our minds. This is why what we fill our minds with matters so much. Spending time in the truth helps you know what is untrue.

Q. How can you use the Word as a weapon against what is untrue?