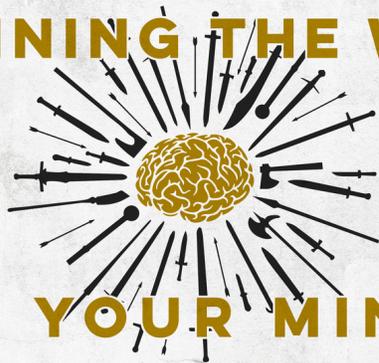


# WINNING THE WAR



# IN YOUR MIND

# SERMON DISCUSSION WEEK 2

## Quotable Moments:

- “Our lives are always moving in the direction of our strongest thoughts.” Craig Groeschel
- Most of life’s battles are won or lost in your mind.
- Renew your mind by training your mind.

## Key Things You Heard:

- We can fight lies with God’s truth. Two exercises to train your mind daily: 1) Guard what goes in your mind 2) Battle lies with truth.
- God’s truth is objective truth. “My truth” is subjective. If all you have to build your life on is subjective truth -- you’re going to lose the war in your mind.
- A transformed life comes from a renewed mind.
- Meditation is simply thinking about God’s Word in order to see the truth and apply it to my life.

**Pray:** *God, show me any weaknesses I have in my life as a result of believing a lie. Help me fix my thoughts on truth from Your Word. Give me wisdom as I train my mind, and guide me as I begin the process of renewing my mind.  
In Jesus name, amen.*

## Moving Forward:

- Memorize Philippians 4:8.
- When you start the process of renewing your mind, it feels like lying, because you are declaring a truth your mind does not yet believe. But keep going until you believe it.
- Start the Winning the War in Your Mind Bible Plan on YouVersion Bible App
- Re-watch and/or share the sermon with a friend. Go to [rivertown.cc](http://rivertown.cc) or the RCC App.
- Purchase the book by Craig Groeschel and commit to read it this month.

## Questions for Group Discussion:

**First Minutes:** What is a skill or habit that you spent time training yourself for? What did you do to train?

- Last week we talked about Proverbs 4:23. How did this principle affect you this week? If you began a mental audit of your thoughts, did anything surprise you?
- Read Romans 12:2. What is the difference between **trying** to think differently and **renewing/training** your mind?
- Read Philippians 4:8. What does it mean to “fix your thoughts”? Do you find it difficult to choose what thoughts you dwell on? Why?
- Paul introduced two exercises to train your mind:  
1) Guard what goes in your mind.  
2) Battle lies with truth.  
Which of those is more difficult for you?
- Read Psalm 1:1-3. How would this impact our lives if we experienced this promise of prospering? How does knowing God wants to prosper you motivate you to train your mind based on God’s truth?