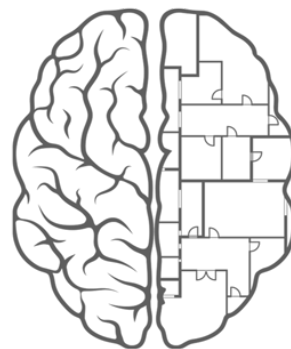


REMODELING YOUR MIND



Part 1: Transform Your Broken Thoughts

INTRODUCTION

What if we could remodel our life by remodeling our mind? What if we could take our life in a completely different direction just by changing our thought patterns? The good news is there is a simple process that enables us to do just that.

LET'S TALK ABOUT IT

1. An average person has approximately 12,000 to 60,000 thoughts per day. Of those, 80% are negative and 95% are exactly the same repetitive thoughts as the day before. How would you describe your thought life today?
2. Buck said, "The direction of your life either positive or negative, is very much driven by the direction of your thoughts." Do you agree or disagree with this statement? Why?
3. What are the repetitive, negative thoughts that replay in your mind? Are these thoughts robbing you of joy? Is there a root issue to these negative thoughts (e.g., a past hurt, a worry about the future, a fear)?
4. Can you think of a personal example of when you have changed your thought process that has had a positive impact on your life?

THIS WEEK

What can you do this week to retire your broken thoughts, replace them with new ones, and repeat them until they are as automatic as your old thoughts? How can your group help?

"Don't copy the behavior and customs of this world, but let God transform you into a new person by **changing** the way you **think**."

Romans 12:2