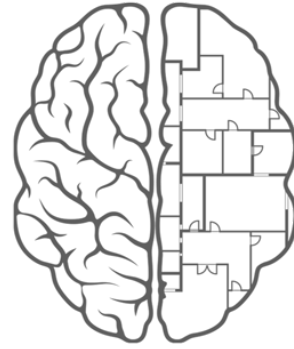


REMODELING YOUR MIND



Part 2: Replace the Lies with Truth

INTRODUCTION

Though we have little control over how we initially react to something, we do have control over our next thoughts and actions. Sometimes, lies that we've believed for years continue to keep us trapped in thinking the same negative thought patterns, to the detriment of ourselves and our relationships. How do we retire these lies so that our minds form new pathways to truth?

LET'S TALK ABOUT IT

1. Have you seen patterns repeated throughout generations in your own family?
2. How does understanding how lies can get rooted in our minds help you relationally with people who may be struggling with negative thought and behavior patterns?
3. What is one lie that you've repeated to yourself throughout the years that you need to recognize and then retire from your life?
4. How can you redirect your thoughts to the truth? Does this process feel like rerouting the water flow issue in your yard or like changing the Colorado River with a spoon?
5. What is one thing you can do to keep focused on the new thought patterns?
6. What keeps you from practicing these new thought patterns?

THIS WEEK

Continually practice building new neural pathways that point your thoughts and your life toward truth. Consider sources that might be hindering your practice (i.e. social media, toxic relationships) and sources that can help your practice (i.e. healthy relationships, Scripture).

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

2 Corinthians 10:5