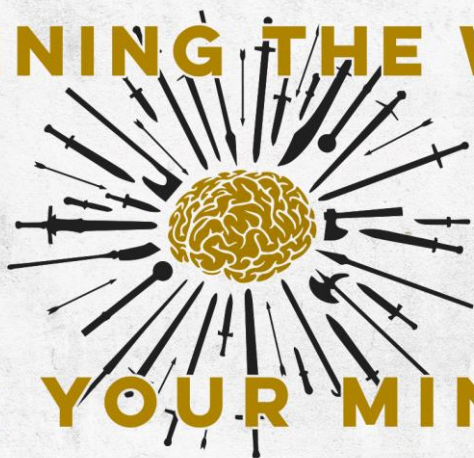


WINNING THE WAR



IN YOUR MIND

**PART ONE:
DEMOLISHING
STRONGHOLDS**

*Connect Group Discussion Guide
Sunday, January 1, 2023*



RESTORATIONLIFE
CHURCH

DEMOLISHING STRONGHOLDS

2 Corinthians 10:3–5; Proverbs 23:7; Romans 12:2; John 8:32; 2 Peter 1:3

ICE BREAKER

What do your family and friends think you do all day? What do you really do?

GOING DEEPER

- 1) Read 2 Corinthians 10:3-5 and Romans 12:2. Why is our thought life so important?

- 2) Pastor Dave led the church through a thought audit. (*See next page.*) What did you learn about your thought life from that exercise?

- 3) If your life is always moving in the direction of your strongest thoughts, are you excited about the direction your thoughts are taking you?

- 4) What is the biggest stronghold that is holding you back? What lie of the enemy do you listen to and believe too easily?

- 5) What is God's truth that demolishes the stronghold in your life?

GOD'S TRUTH TO REMEMBER

2 Corinthians 10:3-5 (NIV) - For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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.

THOUGHT AUDIT

Rate your thoughts according to the following scales:

WORRIED	1	2	3	4	5	6	7	8	9	10	PEACEFUL
NEGATIVE	1	2	3	4	5	6	7	8	9	10	POSITIVE
WORLDLY	1	2	3	4	5	6	7	8	9	10	ETERNAL

PRAYER REQUESTS

(List prayer requests here so you can pray for them all week long.)

SERMON NOTES