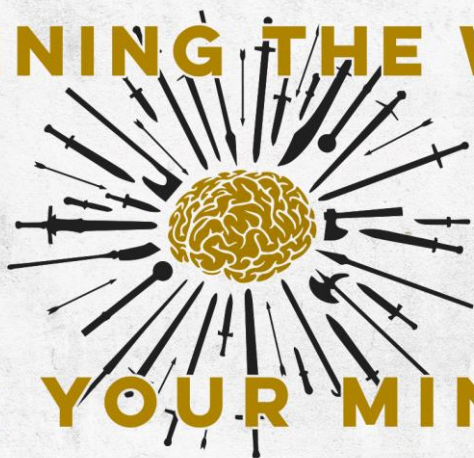


WINNING THE WAR



IN YOUR MIND

PART TWO:
TAKE YOUR MIND BACK

Connect Group Discussion Guide
Sunday, January 8, 2023



RESTORATIONLIFE
CHURCH

TAKE YOUR MIND BACK

*Romans 12:2; 2 Corinthians 10:3–5; Philippians 4:8;
Psalm 119:15, 143:5; John 8:32*

ICE BREAKER

What piece of advice would you share with your younger self?

GOING DEEPER

- 1) Read 2 Corinthians 10:3-5 and Romans 12:2. Why is our thought life so important?
- 2) What do you think it means to train your mind?
- 3) Read Philippians 4:8, Psalm 119:15, and Psalm 143:5. What does it mean to meditate and on what should we be meditating?
- 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 declarations of truth do you need to write out, think about, and confess until you believe? Take time to begin this process in your life.

GOD'S TRUTH TO REMEMBER

Philippians 4:8 (NLT) - And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

PRAYER REQUESTS

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

SERMON NOTES