

The Fight

The Fight for the Mind

Introduction

Our faith is never about God doing amazing things. He may do that, and that's wonderful and praiseworthy, but being a follower of Jesus requires that we change our mindset to agree with His mindset. We have to agree that Jesus knows best; that He is God and we aren't! This process - and it is a continual process is called "*repentance*" and it's at the very centre of Jesus' ministry and at the core of our faith. Without repentance, we'll never understand the mind of Christ, and will remain as ineffective Christians in the body of Christ.

Ice Breaker: What is on your mind most of the time?

Share your thoughts:

- "*Whatever we think about most will grow - we become what we meditate on.*" What do you think about this quote? Compare it with Proverbs 23:7.
- Read Philippians 4:6-8. Ask
 - Have you ever practiced conversational prayer? What is it like for you? Have you ever experienced God's peace when praying this way?
 - How easy is it for you to switch your thinking from negative, toxic thoughts that destroy the mind, and good thoughts that feed the mind?
- If you want to listen to Dr Caroline Leaf again, you can find the video clip here. <https://catalystleader.com/watch/the-power-of-thinking-dr-caroline-leaf> but you may have to become a member of catalyst to view it.
- Read 2 Corinthians 10:3 - 5. Write down or share what your idea of a "stronghold" is. What negative strongholds have you had in your life? What are you doing to defeat them?
- 2 Corinthians 10:5 says that "...we take captive every thought to make it obedient to Christ." Why is this so necessary? Does that mean absolutely every thought? Are there some thoughts we don't have to take captive? Why or why not? How would this help us?
- "*The reason we have so many ineffective Christians today is because they don't know how to fight the battle of the mind.*" What do you think of this quote? Why do you think it's true or not?

God has not given us a spirit of fear, but of power and of love and of a sound mind" 2 Timothy 1:7.