



LIFE GROUPS 2019

NLC Life Group Study

Week of May 5, 2019

THE LIES WE THINK

Life Group Schedule

30 MIN Eat, Meet & Greet

15 MIN Ice Breaker: **How Much Do You Use?** Have everyone sit in a circle. Tell them you are going to pass around a roll of toilet paper, and invite them to “take as much as they need to get the job done.” After they take as much paper as they “need,” explain that for every piece of toilet paper they ripped off, they must tell the group one thing about themselves.

TRANSITION: As you’re gathering, spend some time in **WORSHIP & PRAYER.**

45 MIN | THE LIES WE THINK

- Millions of adults today are still suffering as a result of the negative words their parents or someone spoke over them
 - › Your mind is the battlefield for your purpose

2 COR 10:3-5 “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.
- The word stronghold is the greek word – awk-o’-ro-mah, which means safely locked in a prison of lies.
- Even though we walk in a physical body, Paul is saying there is an invisible war around us. It tries to invade us with thoughts, but God has equipped us for victory with every weapon formed against us.
- “We have divine power to demolish strongholds”
 - › Every problem is a thought issue; If you change your thoughts, your life will change.
 - › Every time you hear truth, it demolishes strongholds, whether of disappointment, insecurity, deception, fear, lust, worry, hate, doubt, discouragement, jealousy, envy.

PROV. 4:23 “Carefully guard your thoughts because they are the source of true life.”
- God is far more interested in changing your mind than in changing your circumstances. We want God to change our circumstances, to take away all of the problems, all of the pain, all the sorrow, all the suffering, all the sickness, all the sadness. All the difficult people. God is saying, “Yeah, that’s important but I’m trying to change you one thoughts at a time.” Circumstances can’t change if thinking stays the same.

THREE BIBLICAL PRINCIPLES

- **MY THOUGHTS CONTROL MY LIFE**

PROV 23:7 “As a man thinks in his heart, so is he.”

 - › Every action begins as a thought. If you don’t think it, you want do it.
 - › What comes first: success or confidence? Both!

PROVERBS 4:23 “Be careful how you think; your life is shaped by your thoughts.”

› Just because something is false doesn't mean you won't think it's true, and just because it's true doesn't mean you won't think it's false.

• **THE MIND IS THE BATTLEGROUND FOR SIN.**

› We think temptation is something out there, something external, but it wouldn't be temptation if there wasn't a corollary desire inside you.

ROMANS 7:22-23 “For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me.

› What's he saying? He's saying there's a battle in your brain.

› Why? Because whatever gets your attention gets you.

› Great news...

• **OUR THOUGHTS CAN BE RESET BY THE SPIRIT OF GOD**

ROM 8:5-8 “Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. Those who are in the realm of the flesh cannot please God.”

› Satan can't control your thoughts, and God won't control your thoughts. You are the Gatekeeper of Your mind. You open what you want and close what you don't want.

HOW TO RENEW YOUR THOUGHTS

1. I MUST FEED MY MIND TRUTH.

- Submitting my mind to God.

PSALM 1:1-3 “Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the Lord, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.”

- With every other book in the world, you read it, but the Bible reads you. (See Hebrews 4:12).

DEUT. 6:6-7 “These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.”

- There are 4 times a day you have free to meditate and put the Word in you. These same times are times we lose our confidence:

› When you are lying down (time to think)

› When you are rising up (when you're about to do something big)

- › When you are chill-axing around the house (idle time)
- › When you are traveling.
- The Word of God teaches us how to think:

PHIL 4:8-9 “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

JOHN 8:32 “Then you will know the truth, and the truth will set you free.”

Q1. What do you do to stay in God’s word? Are you able to meditate on His Word every day?

- Note: If this is a struggle for you, consider joining us as we follow @NLCLIVE on Instagram or “NLC Live” on Facebook for the next six weeks. Each morning a new verse is posted with a few questions to think about.

2. I MUST TAKE MY THOUGHTS CAPTIVE.

- Some thoughts are lies we’ve believed.
 - › If you have been told you were stupid—maybe you weren’t stupid at all—but if you believed it, you’re stupid.
- Some thoughts are rooted in your old sinful nature.
 - › Negativity: (Ex: “Life is never going to get better.”)
 - › Fearful: (Ex: A dream never attempted, or worrying about “what if’s”)
 - › Critical: (I wish I was this or that, my spouse was or wasn’t this or that)

JER. 12:3 “Yet you know me, Lord; you see me and test my thoughts about you. Drag them off like sheep to be butchered! Set them apart for the day of slaughter!”

Q2. What kinds of thoughts do you tend to find yourself having most of the time? Do you tend to meditate on God’s ideas, or are your thoughts more self-consuming, worrisome, angry, or negative?

Q3. How can you tell if a thought is from God, yourself, or an attack from the enemy? (clue: check out Galatians 5:22-23 and Phil. 4:6-9)

3. I MUST REMEMBER HOW AMAZING HIS WILL IS FOR MY LIFE.

ROM 12:2-3 “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

- Most of the time we missed the will of God for what is next by not being in the will of God now.
- To “renew your mind” means to make better than new, to renovate.

Q4. How do you obey Romans 12:2-3? How do you renew your mind?

ANNOUNCEMENTS, PRAY OVER NEEDS