




# Discussion Guide

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# SESSION 1

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## Introduction

### Battlefield of the Mind

**Icebreaker: Share a little about yourself and what you are looking to get out of this group.**

The Bible makes it clear that the mind is the leader or forerunner of all actions. Proverbs 23:7 tells us: *For as he [a person] thinks in his heart, so is he....* (Also see Romans 8:5.) If we renew our minds according to God's Word, we will, as Romans 12:2 promises, prove for ourselves "what is the good and acceptable and perfect will of God" for our lives. If we think and dwell on negative thoughts, we will have a negative life.

God wants us to experience the fullness of life He sent Jesus to provide for all those who believe in Him and receive it; Satan wants to stop us from receiving all that God has for us. Because our actions are a direct result of our thoughts, Satan's strategy is to wage war against us in our minds by bombarding us with thoughts contrary to the truth of God's Word. He wants to deceive us into believing damaging patterns of untrue thoughts, or strongholds, that we will allow to influence our lives and hold us in bondage.

The battlefield is the mind, and 2 Corinthians 10:4-5 describes the weapons of warfare God has given us "for the overthrow and destruction of strongholds."

***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. 2 Corinthians 10:4-5***

#### ■ Why are our thoughts important?

***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. Romans 8:5***

#### ■ How do our actions relate to our thoughts?

***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. Romans 12:2***

- How will our lives be changed if we renew our minds according to God's Word?
- How will we know the difference between what is in our mind and what is the mind of God?
- What are some ways you can be more aware of your thoughts this week?



**Next Week's Homework:** Read Chapters 1-4

# SESSION 2

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## Chapter 1

### The Mind Is the Battlefield

**Icebreaker: What is a song or phrase that's been stuck in your head recently?**

***"[Inasmuch as we] refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ (the Messiah, the Anointed One)." 2 Corinthians 10:4,5***

Through careful strategy and cunning deceit, Satan attempts to set up "strongholds" in our mind. A stronghold is an area in which we are held in bondage (in prison, figuratively speaking) due to a certain way of thinking. (page 9)

- **Why do you think our thoughts are such an important area for spiritual battles?**

***"If you abide in My word [hold fast to My teachings and live in accordance with them], you are truly My disciples. And you will know the Truth, and the Truth will set you free." John 8:31,32***

These "weapons" are the Word received through preaching, teaching, books, audiovisual resources, conferences, and personal Bible study. But we must "abide" (continue) in the Word until it becomes revelation given by inspiration of the Holy Spirit. (page 12)

Even Jesus used the weapon of the Word in the wilderness to defeat the devil (Luke 4:1-13). Each time the devil lied to Him, Jesus responded with, "It is written," and quoted him the Word. (page 13)

- **What are some practical ways we can use God's Word to replace negative or lying thoughts in our minds?**



## Chapter 2

### A Vital Necessity

***"For those who are according to the flesh and are controlled by its unholy desires set their minds on and pursue those things which gratify the flesh, but those who are according to the Spirit and are controlled by the desires of the Spirit set their minds on and seek those things which gratify the [Holy] Spirit." Romans 8:5***

If we think fleshly thoughts, wrong thoughts, negative thoughts, we cannot walk in the Spirit. Renewed, God-like thinking is necessary to a successful Christian life. (page 20)

Your life may be in a state of chaos because of years of wrong thinking. If so, it is important for you to come to grips with the fact that your life will not get straightened out until your mind does. You should consider this area one of vital necessity. Be serious about tearing down the strongholds Satan has built in your mind. (page 21)

- Why do you think renewing our minds is described as a “vital necessity” for living a successful Christian life?
- What is one area of your life right now that feels out of order or unsettled, and how might your thoughts be contributing to it?

### Chapter 3

Don't Give Up!

***“I call heaven and earth to witness this day against you that I have set before you life and death, the blessings and the curses; therefore choose life, that you and your descendants may live.”  
Deuteronomy 30:19***

Our thoughts become our words. Therefore, it is vitally important that we choose life-generating thoughts. When we do, right words will follow. (page 26)

- Give an example of a time when choosing positive, life-giving thoughts helped you speak words that encouraged yourself or others.

### Chapter 4

Little By Little

***“Why are you cast down, O my inner self? And why should you moan over me and be disquieted within me? Hope in God and wait expectantly for Him, for I shall yet praise Him, my Help and My God.” Psalm 42:5***

He uses the difficult period of waiting to stretch our faith and to let patience have her perfect work (James 1:4). God's timing is perfect. He is never late. (page 33)

Remember, God is delivering you, little by little, so don't be discouraged and don't feel condemned if you make a mistake. (page 33)

- How have you seen patience or spiritual growth develop "little by little" in your own life?
- How do you personally handle feelings of being "cast down" or discouraged?

 **Next Week's Homework:** Read Chapters 5-7

# SESSION 3

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## Chapter 5

### Be Positive

**Icebreaker:** What is something small that instantly puts you in a good mood—no matter what kind of day you're having? (Could be a song, snack, smell, or silly video!)

***We are assured and know that [God being a partner in their labor] all things work together and are [fitting into a plan] for good to and for those who love God and are called according to [His] design and purpose. Romans 8:28 AMPC***

Anytime we don't get what we want, our feelings will rise up and try to get us into self-pity and a negative attitude....Even a person who is really positive won't have everything work out the way he would like it to all the time. But the positive person can go ahead and decide to enjoy himself no matter what happens. The negative person never enjoys anything. (page 37)

- What is your typical reaction when a situation doesn't go the way you had initially planned? Can you share a time when you either responded positively or negatively?

***Against all hope, Abraham in hope believed and so became the father of many nations, just as it had been said to him, "So shall your offspring be." Without weakening in his faith, he faced the fact that his body was as good as dead—since he was about a hundred years old—and that Sarah's womb was also dead. Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God. Romans 4:18-20***

- How can you be encouraged to "hope in faith," like Abraham, for a negative situation?

***And therefore the Lord [earnestly] waits [expecting, looking, and longing] to be gracious to you; and therefore He lifts Himself up, that He may have mercy on you and show loving-kindness to you. For the Lord is a God of justice. Blessed (happy, fortunate, to be envied) are all those who [earnestly] wait for Him, who expect and look and long for Him [for His victory, His favor, His love, His peace, His joy, and His matchless, unbroken companionship]! Isaiah 30:18***

- What is God speaking to you through this verse? How can you continue to apply it and meditate on it this week?

## Chapter 6

### Mind-Binding Spirits

***Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Philippians 4:6-7***

Nearly every deliverance God has brought to me has been progressive and has come about by believing and confessing His Word. Two of the foundational scriptures of my testimony are John 8:31,32 and Psalm 107:20. In John 8:31,32, Jesus says, "If you abide in My word,...you are truly My disciples. And you will know the Truth, and the Truth will set you free." Psalm 107:20 says of the Lord, "He sends forth His word and heals them and rescues them from the pit and destruction." (page 48)

- **How has thinking and speaking positively about your circumstances made a difference for you this week?**

## Chapter 7

### Think About What You're Thinking About

***Be careful what you are hearing. The measure [of thought and study] you give [to the truth you hear] will be the measure [of virtue and knowledge] that comes back to you—and more [besides] will be given to you who hear. Mark 4:24***

It is very beneficial to think about God's Word. The more time we spend meditating on the Word, the more we will reap from it. (page 52)

The amount of thought and study we devote to the Word will determine the amount of virtue and knowledge that will come back to us. (Page 53)

- **As a group, have everyone think about something you've been giving a lot of mental energy to lately—maybe it's work stress, family drama, or social media. How has that been shaping your mood or mindset? Now find a scripture that speaks to that situation. Take a moment to either write the scripture down or screenshot it.**

Thinking about what you're thinking about is very valuable because Satan usually deceives people into thinking that the source of their misery or trouble is something other than what it really is. He wants them to think they are unhappy due to what is going on *around* them (their circumstances), but the misery is actually due to what is going on *inside* of them (their thoughts). (Pages 58-59)

- **Take some time this week to pause and intentionally think about what you are thinking about. Maybe set an alarm for certain times in the day. Are your thoughts positive or negative? Do you need to speak hope into situations? Do you need to pause and praise God for what He is doing?**

## Next Week's Homework: Read Chapters 8-11

# SESSION 4

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## Chapter 8

### When Is My Mind Normal?

**Icebreaker:** If your mind were a room, what would it look like today—a peaceful spa, a messy closet, a buzzing coffee shop, or something else?

***I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people. Ephesians 1:17-18***

As believers, we are spiritual, and we are also natural. The natural does not always understand the spiritual; therefore, it is vitally necessary for our minds to be enlightened concerning what is going on in our spirits. The Holy Spirit desires to bring us this enlightenment, but the mind often misses what the spirit is attempting to reveal because it is too busy. (page 68)

Your mind and your spirit certainly do work together, and the two are closely linked to one another. Satan, of course, knows this fact, so he attacks your mind, waging war against you on the battlefield of your mind. He wants to overload and overwork your mind by filling it with every kind of wrong thought, so it cannot be free and available to the Holy Spirit working through your own human spirit. The mind should be kept peaceful. As the prophet Isaiah tells us, when the mind is stayed on the right things, it will be at rest. (page 73)

- What are some common ways our busy minds can interfere with spiritual growth or understanding?
- How does maintaining a peaceful and focused mind make space for the Holy Spirit to work in a believer's life?

## Chapter 9

### A Wandering, Wondering Mind

Remember, in spiritual warfare, the mind is the battlefield. That is where the enemy makes his attack. He knows very well that even though a person attends church, if he can't keep his mind on what is being taught, he will gain absolutely nothing by being there. The devil knows that a person cannot discipline himself to complete a project if he cannot discipline his mind and keep it on what he is doing. (page 77)

- Why do you think the enemy targets our focus and attention so aggressively in spiritual settings or moments of growth?
- Can you think of a time when a wandering mind kept you from receiving something important—whether in church, prayer, or daily life?

## Chapter 10

### A Confused Mind

***If any of you is deficient in wisdom, let him ask of the giving God Who gives] to everyone liberally and ungrudgingly, without reproaching or faultfinding, and it will be given him. Only it must be in faith that he asks with no wavering (no hesitating, no doubting). For the one who wavers (hesitates, doubts) is like the billowing surge out at sea that is blown hither and thither and tossed by the wind. For truly, let not such a person imagine that he will receive anything [he asks for from the Lord. For being as he is a man of two minds (hesitating, dubious, irresolute), [he is unstable and unreliable and uncertain about everything [he thinks, feels, decides]. James 1:5-8***

Satan frequently steals the will of God from us due to reasoning. The Lord may direct us to do a certain thing, but if it does not make sense—if it is not logical—we may be tempted to disregard it. What God leads a person to do does not always make logical sense to his mind. His spirit may affirm it and his mind reject it, especially if it would be out of the ordinary or unpleasant or if it would require personal sacrifice or discomfort. It is always nice if the spirit and mind agree, but if they don't, we should always choose to follow the spirit. (page 83)

- When you sense God leading you in a direction that doesn't make logical sense, what kinds of thoughts or feelings tend to rise up in your mind?

## Chapter 11

### A Doubtful and Unbelieving Mind

***O you of little faith, why did you doubt? Matthew 14:31***

As we look then at these two powerful tools of the enemy [doubt and unbelief], we see that doubt causes a person to waver between two opinions, whereas unbelief leads to disobedience. (page 91)

Doubt comes in the form of thoughts that are in opposition to the Word of God. This is why it is so important for us to know the Word of God. If we know the Word, then we can recognize when the devil is lying to us. Be assured that he lies to us in order to steal what Jesus purchased for us through His death and resurrection. (page 92)

Unbelief, like doubt, will keep us from doing what God has called and anointed us to accomplish in life. It will also keep us from experiencing the sense of peace that He wants us to enjoy as we find rest for our souls in Him (Mathew 11:28,29). (page 100)

- What is one truth from God's Word you can intentionally hold onto this week to combat doubt or unbelief when it tries to creep in?

 **Next Week's Homework:** Read Chapters 12-15.

\*For additional information on the baptism and gifts of the Holy Spirit, watch Freedom Homework Video #4 at [ChurchoftheKing.com/Freedom](http://ChurchoftheKing.com/Freedom).



# SESSION 5

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## Chapter 12

### An Anxious and Worried Mind

**Icebreaker:** If worrying were an Olympic sport, what would your “gold medal event” be? (Examples: “Overthinking conversations,” “Planning for every possible outcome,” “Late-night Googling,” etc.)

***Therefore I tell you, stop being perpetually uneasy (anxious and worried) about your life, what you shall eat or what you shall drink; or about your body, what you shall put on. Is not life greater [in quality] than food, and the body [far above and more excellent] than clothing? Matthew 6:25***

The devil is constantly waging war on the battlefield of the mind, hoping to engage the Christian in long, drawn-out, tormenting combat. Our answer to the devil's question about what we are going to do should simply be, “I don't know yet what I am going to do in my situation, but God does know and that is good enough for me. He will give me direction at the right time.

The enemy knows that if he can get enough of the wrong things going on in our mind, they will eventually begin to come out of our mouth. Our words are very important because they confirm our faith—or in some instances our lack of faith. (page 109)

When the enemy tries to give us a problem, we have the privilege of casting it upon God. The word cast actually means to pitch or throw. You and I can pitch or throw our problems to God and, believe me, He can catch them. He knows what to do with them. (page 112)

- Why do you think our thoughts have such a strong influence over the words we speak—and how does that impact our faith?
- Why do you think it can be difficult sometimes to “cast your cares” on God?
- Share a time when you were anxious about something and tried to control the outcome yourself—what did you learn through that experience?

## Chapter 13

### A Judgmental, Critical, and Suspicious Mind

***Judge not, that you be not judged. Matthew 7:1***

Judgment and criticism are fruit of a deeper problem—pride. Whenever we excel in an area, it is only because God has given us a gift of grace for it. If we are high-minded or have an exaggerated opinion of ourselves, then it causes us to look down on others and value them as “less than” we are. This type of attitude or thinking is extremely detestable to the Lord, and it opens many doors for the enemy in our lives. (pages 121-122)

We *all* make mistakes. We *all* have weaknesses. The Bible says that we are not to have a hard-hearted, critical spirit toward each other, but instead to forgive one another and to show mercy to one another just as God for Christ's sake has done for us (Eph. 4:32). (page 128)

- What are some ways a judgmental or critical mindset can quietly show up in our thoughts or conversations without us even realizing it?

## Chapter 14

### A Passive Mind

***My people are destroyed for lack of knowledge. Hosea 4:6***

Passivity is the opposite of activity. It is a dangerous problem because the Word of God clearly teaches that we must be alert, cautious and active (1 Pet. 5:8)—that we are to fan the flame and stir up the gift within us (2 Tim. 1:6)... The place we give Satan is often empty space. An empty, passive mind can be easily filled with all kinds of wrong thoughts. A believer who has a passive mind and who does not resist these wrong thoughts often takes them as his own thoughts. He doesn't realize that the evil spirit has injected them into his mind because there was empty space there to fill. (pages 135-136)

If you desire victory over your problems, if you truly want to live the resurrection life, you must have backbone and not just wish-bone! You must be active—not passive. Right action begins with right thinking. Don't be passive in your mind. Start today choosing right thoughts. (page 143)

- When you feel mentally or spiritually passive, what tends to fill that “empty space” in your thoughts?
- What’s one area of your life where you feel called to be more spiritually alert or mentally engaged right now?

## Chapter 15

### The Mind of Christ

***For who has known or understood the mind (the counsels and purposes) of the Lord so as to guide and instruct Him and give Him knowledge? But we have the mind of Christ (the Messiah) and do hold the thoughts (feelings and purposes) of His heart. 1 Corinthians 2:16***

Jesus certainly displayed a positive outlook and attitude. He endured many difficulties including personal attacks—being lied about, being deserted by His disciples when He needed them most, being made fun of, being lonely, misunderstood, and a host of other discouraging things. Yet in the midst of all these negatives, He remained positive. He always had an uplifting comment, an encouraging word; He always gave hope to all those He came near. (page 147)

Nothing is closer to us than our own thoughts. Therefore, if we will fill our mind with the things of God, it will bring Him into our consciousness and we will begin to enjoy a fellowship with Him that will bring joy, peace, and victory to our everyday life. (page 154)

- What are some practical ways we can train our minds to stay filled with the thoughts and purposes of Christ throughout a normal day?

 **Next Week's Homework:** Read Chapters 16-19

# SESSION 6

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## Chapter 16

Wilderness Mentality #1: "My future is determined by my past and my present."

**Icebreaker: When you were a kid, what did you want to be when you grew up?**

***"The Spirit of the LORD is upon Me, Because He has anointed Me To preach the gospel to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives And recovery of sight to the blind, To set at liberty those who are oppressed; To proclaim the acceptable year of the LORD?" Luke 4:18,19***

Get a new mindset. Believe that with God all things are possible (Luke 18:27); with man some things may be impossible, but we serve a God Who created everything we see out of nothing (Hebrews 11:3). Give Him your nothingness and watch Him go to work. All He needs is your faith in Him. He needs for you to believe, and He will do the rest. (page 177)

Take a positive look at the possibilities of the future and begin to call "those things which do not exist as though they did" (Romans 4:17). Think and speak about your future in a positive way, according to what God has placed in your heart, and not according to what you have seen in the past or are seeing even now in the present. (page 181)

- **Why do you think people stay stuck in their past and struggle to have hope for the future?**
- **How does speaking positively about your future align with faith?**

## Chapter 17

Wilderness Mentality #2: "Someone do it for me. I don't want to take responsibility."

***If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word is not in us. 1 John 1:9-10***

We must be motivated from within, not from without. We must live our lives before God, knowing that He sees all and that our reward will come from Him if we persist in doing what He has asked us to do... You and I will never have the privilege of being used by God if we are not willing to take our responsibility seriously. (pages 185-186)

When the Lord asks His people to do something, there is a temptation to wait for "a convenient time" (Acts 24:25). There is always the tendency to hold back until it won't cost anything or be so difficult. I encourage you to be a person who is not afraid of responsibility. In meeting resistance, you will build your strength. If you only do what is easy, you will remain weak. (page 187)

- Why do you think it's so tempting to wait for a "more convenient time" before obeying God (Acts 24:25)?
- What is one area of your life where God is asking you to take more responsibility right now?

## Chapter 18

Wilderness Mentality #3: "Please make everything easy; I can't take it if things are too hard!"

***For this commandment which I command you this day is not too difficult for you, nor is it far off. Deuteronomy 30:11***

***"And I will ask the Father, and he will give you another advocate to help you and be with you forever—" John 14:16***

Things get hard when we try to do them independently without leaning on and relying on God's grace. If everything in life were easy, we would not even need the power of the Holy Spirit to help us. The Bible refers to Him as the "Helper." He is in us and with us all the time to help us, to enable us to do what we cannot do-and, I might add, to do with ease what would be hard without Him. (page 194)

- Share a time when you faced something really hard but saw God's strength carry you through it.

***Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9***

When a person is going through a hard time, his mind wants to give up. Satan knows that if he can defeat us in our mind, he can defeat us in our experience. That's why it is so important that we not lose heart, grow weary and faint. (page 195)

## Chapter 19

Wilderness Mentality #4: "I can't help it; I'm just addicted to grumbling, faultfinding, and complaining"

***"For it is commendable if someone bears up under the pain of unjust suffering because they are conscious of God. But how is it to your credit if you receive a beating for doing wrong and endure it? But if you suffer for doing good and you endure it, this is commendable before God."***  
**1 Peter 2:19-20**

Until we learn to glorify God with our attitude during hard times, we will not walk in freedom. It is not suffering that glorifies God, but a godly attitude in suffering that pleases Him and brings glory to Him. (page 201)

- What is one practical way you can replace complaining with gratitude this week?

Patience is not the ability to wait but the ability to keep a good attitude while waiting... I did not say it would be easy not to complain, but remember, you do have the mind of Christ. (page 208)

 **Next Week's Homework:** Read Chapters 20-22

# SESSION 7

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## Chapter 20

Wilderness Mentality #5: “Don’t make me wait for anything; I deserve everything immediately.”

**Icebreaker:** What is something small that always tests your patience? (Traffic, waiting in line, slow wifi, etc.)

***So be patient, brethren, [as you wait] till the coming of the Lord. See how the farmer waits expectantly for the precious harvest from the land. [See how] he keeps up his patient [vigil] over it until it receives the early and late rains. James 5:7***

It is impossible to enjoy waiting if you don’t know how to wait patiently. Pride prevents patient waiting because the proud person thinks so highly of himself that he believes he should never be inconvenience... A humble person will not display an impatient attitude toward God or man. (page 211)

### ■ Why do you think pride prevents patient waiting, while humility helps us wait with peace?

Patience is a fruit of the Spirit (Galatians 5:22) and is deposited in the spirit of every born-again person. The display or manifestation of patience by His people is very important to the Lord. He wants other people to see His character through His children. (pages 214-215)

### ■ How can we better cultivate the fruit of patience in our daily lives?

***For you have need of steadfast patience and endurance, so that you may perform and fully accomplish the will of God, and thus receive and carry away and enjoy to the full what is promised. Hebrews 10:36***

This Scripture tells us that without patience and endurance we will not receive the promises of God... It is through faith and patience that we inherit these promises (page 216)

### ■ Where in your life are you being asked to patiently endure right now?

## Chapter 21

Wilderness Mentality #6: “My behavior may be wrong, but it’s not my fault.”

***If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word is not in us. 1 John 1:9-10***

God is quick to forgive us if we truly repent, but we cannot truly repent if we will not face and acknowledge the truth about what we have done. To admit that we have done something wrong, but then make an excuse for it, is still not God's way of facing truth. Naturally, we want to justify ourselves and our actions, but the Bible says that our justification is found only in Jesus Christ (Romans 3:20-24). You and I are made right with God after sinning only by the blood of Jesus—not by our excuses. (page 226)

***The light shines in the darkness, and the darkness has not overcome it. John 1:5***

Truth is one of the most powerful weapons against the kingdom of darkness. Truth is light, and the Bible says that the darkness has never overpowered the light, and it never will. Satan wants to keep things hidden in darkness, but the Holy Spirit wants to bring them into the light and deal with them, so you and I can be truly free. (page 227)

- Why is it so tempting to excuse our actions instead of fully owning them?
- Give an example of a situation where admitting you were wrong brought unexpected freedom or healing.

## Chapter 22

Wilderness Mentality #7: “My life is so miserable; I feel sorry for myself because my life is so wretched.”

***Therefore encourage one another and build each other up, just as in fact you are doing.***

**1 Thessalonians 5:11**

The minute someone hurts us, the moment we experience disappointment, the devil begins to whisper lies to us about how cruelly and unjustly we have been treated. All you need to do is listen to the thoughts rushing into your mind during such times and you will quickly realize how the enemy uses self-pity to keep us in bondage. The Bible, however, gives us no liberty to feel sorry for ourselves. Instead, we are to encourage and edify one another in the Lord. (page 230)

- What are some subtle ways self-pity shows up in your thoughts or reactions to disappointment?
- Share about a recent disappointment. How can you respond moving forward?

Yes, self-pity is a major trap and one of Satan's favorite tools to keep us in the wilderness. If we are not careful, we can actually become addicted to it. An addiction is something done as an automatic response to some stimulus—a learned behavior pattern that has become habitual. How much time do you spend in self-pity? How do you respond to disappointments? As Christians we have a rare privilege because when we experience disappointment, we can be reappointed. With God there is always a new beginning available. Self-pity however, keeps us trapped in the past. (page 232)

 **Next Week's Homework:** Read Chapters 23-25

# SESSION 8

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## Chapter 23

Wilderness Mentality #8: “I don’t deserve God’s blessings because I am not worthy.”

**Icebreaker: What is something positive you’ve received lately – a compliment, a gift, or help from someone – that was hard for you to accept, and why?**

We have said that grace is the power of God coming to us, as a free gift from Him, to help us do with ease what we cannot do ourselves. God wants to give us grace, and Satan wants to give us disgrace, which is another word for reproach. (pages 236-237)

- **What are some common lies from the enemy that try to keep you in disgrace instead of receiving God’s grace?**

Self-hatred, self-rejection, refusal to accept God's forgiveness (by forgiving yourself), not understanding righteousness through the blood of Jesus and all related problems will definitely keep you wandering in the wilderness. Your mind must be renewed concerning right standing with God through Jesus and not through your own works. (page 237)

- **What does it practically look like to remind yourself that you are made righteous through Jesus, not your performance? How can this change your daily thoughts or decisions?**

***Then the LORD said to Joshua, “Today I have rolled away the reproach of Egypt from you.” So the place has been called Gilgal to this day. Joshua 5:9***

The word *reproach* means "blame... disgrace: shame." When God said that He would "roll away" the reproach of Egypt from the Israelites, He was making a point. Egypt represents the world. After a few years of being in the world and becoming worldly, we all need the reproach of it rolled away. (page 236)

- **Where in your life do you feel like you’re still carrying “reproach” or shame from your past, and how does it affect your relationship with God today?**

## Chapter 24

Wilderness Mentality #9: “Why shouldn’t I be jealous and envious when everybody else is better off than I am?”

***A calm and undisturbed mind and heart are the life and health of the body, but envy, jealousy, and wrath are like rotteness of the bones. Proverbs 14:30***



Envy will cause a person to behave in a way that is callous and crude— even animalistic at times. Envy caused Joseph's brothers to sell him into slavery. They hated him because their father loved him so much. (page 245)

***Let us not become vainglorious and self-conceited, competitive and challenging and provoking and irritating to one another, envying and being jealous of one another. Galatians 5:26***

According to the world's system, the best place to be is ahead of everyone else. Popular thinking would say that we should try to get to the top no matter who we have to hurt on the way up. But the Bible teaches us that there is no such thing as real peace until we are delivered from the need to compete with others. (page 246)

- In what areas of your life do you find yourself competing or comparing most often, and how could you invite God into that struggle?

***Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.***

**3 John 2**

Consider this scripture, realizing that God desires to bless us even more than we want to be blessed. But He also loves us enough not to bless us beyond our capacity to handle the blessings properly and to continue giving Him glory.

- How does knowing that God wants to bless you, but also wants your soul to be ready to handle it, change the way you view other people's blessings and your own season right now?

## Chapter 25

Wilderness Mentality #10: "I'm going to do it my way, or not at all."

In Isaiah 55:8, the Lord says, "For My thoughts are not your thoughts, neither are your ways My ways." No matter what you or I may think, God has written His thoughts down for us in His book called the Bible. We must choose to examine our thoughts in light of the Word of God, always being willing to submit our thoughts to His thoughts, knowing that His are best. (page 257)

- Can you think of a time when you insisted on doing something your way instead of God's way? What was the outcome?
- What are some practical ways you can check whether your thoughts and decisions align with God's Word before moving forward with them?