

## **Changeology Fall 2017 Week 3 9/24/17**

### **Getting to Know You**

- 1.) What is the best sporting event, concert, or play that you have attended?
- 2.) Are you more of an emotional/feeler type or a thinker/logical type? Does that change with different topics or parts of your life? Do you have any stories you are willing to share of when emotions hijacked logic and you made some bad choices...that you can laugh at now?
- 3.) Why are feelings important? Would the world be a better place without feelings? What are the pros of feelings and the cons of feelings?

### **Into the Bible**

- 4.) Read Philippians 4:8-9. How do we determine or know what is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy? How can we put these attributes into practice?
- 5.) Read 2 Corinthians 10:3-5. What does it mean to take every thought captive, and how can we do that?
- 6.) Read Romans 12:2. Where would you say you have most frequently allowed your mind to conform to the patterns of the world? How can you renew your mind in that area?

### **Application**

- 7.) Dallas Willard once said, "The ultimate freedom we have as human beings is the power to select what we will allow our minds to dwell upon. It is in our thoughts that the first movements toward the renovation of the heart occur. Thoughts are the place where we can and must begin to change." How well do you control what your mind dwells on? How can we get better at that?
- 8.) What are some Biblical truths that would be helpful for you to focus on or memorize to help you change what you are wanting to change? How can you train your mind to dwell on that?
- 9.) Is there anything from the previous weeks that you would like to discuss further or update the group on? Share with your group any progress or positive steps you have taken so they can celebrate with you.
- 10.) How can your group pray for you this week?