



Life Change Requires a Mind Shift

Our thoughts are powerful. They influence our lives and even who we become—for better or for worse.

Discussion Questions

1. What is a jingle, a song, or commercial that always gets stuck in your head?
2. Your thoughts can determine the direction of your life. What kinds of thoughts are helpful? What kind of thoughts aren't helpful?
3. Read Romans 12:1–2. What in these verses captures your attention?
4. In order to change behavior, why is it important to identify what you are thinking?
5. What is an area where you would like to see change/progress/freedom? This week, take a step toward implementing this process:
 - Identify what you're thinking.
 - Identify what God thinks.
 - Align your thoughts with God's thoughts through the power of the Holy Spirit.