

# WINNING THE BATTLE OF YOUR MIND

Week 3 – April 6-12



New Hope | Small Groups

## WINNING THE BATTLE OF YOUR MIND



### SMALL GROUP GUIDELINES:

**SAFE GROUP:** everyone can be real, open, and honest with their struggles and victories.

**CONFIDENTIALITY:** What is said in the group stays in the group.

**LISTEN:** really listening to what is being shared. Try to avoid thinking about how you are going to respond, or what you are going to say next.

**PAUSE:** Give the person sharing the chance to finish and the group the opportunity to consider what was just shared before responding.

**NO "CROSS TALK":** Be considerate of others as they are sharing. No side conversations.

**NO FIXING:** We are not here to fix each other. Jesus does that part. Give encouragement; speak truth, and point to Jesus.

**NO RESCUING:** When people are sharing something deeply personal resist the temptation to rescue them by giving advice. This will often cause them to stop sharing.

**SHARING:** Be sensitive about the amount of time you share.

**BE SELF-AWARE:** Be self-aware of how you are personally effecting the environment through your words, actions, and non-verbal communication.

**USE "I" STATEMENTS:** It's easy to talk about the issues of others, but for our purposes, we want you to put yourself on the table. Try to use "I" statements rather than "them", "the church", "us", "we", etc.

**CONFLICT:** When conflict or sin issues arise, we want to make sure that we are honoring God and each other in the way we deal with these issues.

### Small Group Evening Schedule:

10min - Hangout time

10min - Welcome, Opening Prayer, Group Guidelines, Announcements

10min - Follow-up discussion about Sunday's Sermon

- What is one thing you learned? What challenged you?

40min - **Storying through scripture:**

During this series, Pastor Tim is going to help us understand how to win the battle in our minds. Too often our thought life is riddled with negativity, anxiety, worry, lies and self-doubt. The first step in the battle is to determine the source of these thoughts so we can have the right plan to fight against them and win. Today we are going to go deeper into the three sources Pastor Tim taught on this past Sunday.

### DISCUSSION:

Pastor Tim used the Illustration of a train in regards to our life with our feelings, faith and truth as the three parts. If you took an honest assessment of your daily thoughts, which of these three are at the front of your train most often? Truth, Faith, Feelings?

### **Read Matthew 4:1-11**

What were the three areas that Satan used to tempt and attack Jesus with?

Why do you think Satan used these to try to get Jesus to fail?

What was Satan's ultimate goal in this situation?

What did Jesus say to shut the mouth of Satan?

### **READ: 2 Corinthians 10:3-5**

What is the weapon or tool you use to defeat any lie, attack or human thought that is opposed to God's purpose?

What is a consistent thought that the enemy uses against you? Share.

Now as a group, take time to help each other find a scripture that attacks that lie. Write it down and read it every morning.

The two key weapons we have is God's Word and Prayer. This week, what are you going to do to use these weapons to win the battle of your mind?

### **10min - Share prayer requests & pray.**

(one person write requests and email or text to the rest of the group)

---

---

---