

AUG. 20/21  
MIND GAMES  
JASON STRAND

# SHATTERPROOF

DISCOVERING GOD'S POWER IN OUR WEAKNESS

Our minds can become full of toxic thoughts in a matter of seconds and quickly spiral downward, out of control. In order to gain control of our thoughts again, we need to focus on taking each thought captive and making it obedient to Christ.

## DISCUSSION QUESTIONS

1. No matter what the circumstances or situation, our minds have the power of interpretation. Do you tend to interpret situations negatively or positively? Are you more jealous or content?
2. Lloyd Jones, a pastor in England, says that "most of your unhappiness in life is due to the fact that you listen to yourself instead of preach to yourself." What thoughts are you listening to that are making you unhappy or discontent? How can you preach to those thoughts instead?
3. **Read Ephesians 6:10-18.** In this passage, Paul talks about putting on the full armor of God. What are the elements of this armor, and how can we use it to combat the lies the devil throws at us?
4. Jason talked about the analogy of water rolling down a hill to explain how our thought patterns develop. Identify the negative grooves that have formed in your mind. What will it take to replace those negative grooves with thought patterns that are uplifting and godly?

## CHALLENGE

This week, think about what you're thinking about. As you identify negative, anxious, or fearful thoughts, use God's word as a weapon. Read a verse or section from the Bible and then spend time meditating on it.

## COMMIT TO MEMORY

Take captive every thought to make it obedient to Christ. **2 Corinthians 10:5**