

## Winning the War in Your Mind Take Your Mind Back

### TALK IT OVER

#### Key Scriptures

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. ...*  
Romans 12:2 NIV

*And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.*      Philippians 4:8 NLT

*... if there is any virtue and if there is anything praiseworthy—meditate on these things.*      Philippians 4:8 NKJV

*I meditate on your precepts and consider your ways.*      Psalm 119:15 NIV

*... I meditate on all your works and consider what your hands have done.*  
Psalm 143:5 NIV

**Start talking.** Find a conversation starter for your group.

- What's your favorite karate movie? (Or, if karate isn't your thing, what's your favorite sports movie?)

**Start thinking.** Ask a question to get your group thinking.

- Do you ever find yourself acting irrationally based on a lie you believe about yourself? If so, how?
- The lies we believe about ourselves are often rooted in childhood experiences. Have you experienced this in your own life? How has it affected you?
- Have you meditated on God's truth before? What was that experience like?

**Start sharing.** Choose a question to create openness.

- What is the dominant stronghold in your life?
- What are some truths from God's Word that you can write, meditate on, and confess to combat it?

**Start praying.** Be bold and pray with power.

*Father, show me any weaknesses I have in my life as a result of believing a lie. Help me identify what truth from Your Word I can use to fight that lie. Give me wisdom as I create daily declarations, and guide me as I begin the process of renewing my mind. In Jesus' name, amen.*

**Start doing.** Commit to a step and live it out this week.

- Spend time in your LifeGroup creating some daily declarations based on Scripture. Challenge one another to share them with the group and commit to saying or meditating on them daily.
- Start the *Winning the War in Your Mind* Bible Plan using Plans With Friends: [www.go2.lc/war](http://www.go2.lc/war)