

YOU'VE HEARD IT SAID



LifeGroups



Key things you heard

- How do we stop toxic thoughts?
 - Identify what lies you're believing.
 - Replace those lies with God's truth.
 - Train your mind with that truth over and over again. Write it. Speak it. Text it. Repeat it.
- When you start the process of renewing your mind, it feels like lying, because you are declaring a truth your mind does not yet believe. But keep going until you believe it.

Pray: *God, reveal to me any lies that I am believing about myself, others, or You. Help me replace those lies with Your transformative, healing truth. Renew my mind. Transform my thoughts. And make me more like You today and every day. In Jesus' name, amen.*



Tweetable Moments



Your life is always moving in the direction of your strongest thoughts.



God's goodness isn't based on what we see, hear, or feel. His goodness is just based on His goodness.



Say What? Questions for conversation

Icebreaker: What's a hobby you've started recently or one you've always wanted to try?

- What was your biggest takeaway?
- Pastor Craig talked about cognitive bias—the idea that your brain has distorted filters based on previous experiences. What might be some cognitive biases you have? How can you confront and correct that bias?
- Talk about a time you struggled with anxiety or toxic thoughts. What did you learn through that experience?
- Read **Romans 12:2**. What would it look like for you to renew your mind every day?
- What is a negative statement or idea you say about yourself? What is some truth from Scripture you can replace it with?



Now Go Do It Resources and next steps

Challenge: Create a truth statement (or a few) to combat lies you're believing. Share it with your LifeGroup, then commit to declaring it over yourself every day for 30 days.

- If you're not yet in a LifeGroup, find or start one here: www.life.church/lifegroups
- Start the *Winning the War in Your Mind* Bible Plan: www.go2.lc/war
- Get a copy of Pastor Craig's book: www.go2.lc/winningbook
- Watch Pastor Craig's accompanying message series: www.life.church/winningthewar