

**Goal:** The goal of this core is to help people identify lies that they are believing and renew their mind by focusing on superior truths.

**Getting personal:** Have everyone in your group answer the question: What is something you find yourself thinking consistently that affects you emotionally?

**Study and Discussion:**

Romans 12:1-2

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Philippians 4:8-9

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

- How are we transformed by renewing our mind?
- How do the things you talked about in our lightning round question line up with the adjectives in Philippians?
- How have you seen your thoughts affect your behavior and your emotional life?
- What are some thoughts you *should be thinking* that do fall in line with what Paul urges us to think on in Philippians 4?

**Pray**

Break up into two small groups and pray, as a group, for renewed minds. Pray that the Spirit would show you truth and higher thoughts!

**Go**

Make a list of things you believe that are neither true nor edifying. Then, write out thoughts from scripture or any of God's truths that counter them. Make index cards of thoughts that are true, excellent, and praiseworthy and review them every day this week!