

MAIN POINT

How we think determines how we live.

INTRODUCTION

Have you ever read a text message from you know pretty well and assumed they meant one thing, but they actually meant another? Share what happened.

Digital communication leaves plenty of room for error—and embarrassment. We are sometimes forced to do mental gymnastics in an attempt to remove confusion. It's up to us—our own thoughts, assumptions, and worldviews—to interpret the messages transmitted to us. Proverbs affirms the power of thinking: "As a man thinketh, so is he" (23:7, KJV). Saul serves as an example of a man whose thinking ultimately destroyed him. Saul teaches us that our thinking—what we communicate to ourselves—is a matter of life and death.

DISCUSSION

> READ 1 SAMUEL 9:21.

What words in this passage reveal Saul's doubt in his worthiness to be addressed by the prophet? What does Saul's self-doubt reveal about his view of himself?

> READ 1 SAMUEL 10:21-24.

What did the people think of Saul? How does their perception of him contrast with his perception of himself?

Saul had everything going for him—he was handsome (9:2), tall (9:2), he was anointed (10:1), and he was chosen as king. Why, then, was he hiding in his luggage (v. 22)?

> READ 1 SAMUEL 13:8-14.

What was Saul afraid of? In what ways was Saul's thinking distorted from reality?

How did Saul sabotage himself?

> READ ROMANS 12:1-2.

According to this passage, where does transformation begin?

Why does God want to change how we think? Why is mental transformation so important?

APPLICATION

What mindsets, or patterns of thought, does God want you to change?

How will you begin to transform your thoughts today to reflect those of God, the One who made you?