

## MAIN POINT

*We must continually submit our thoughts to God so that He will transform our thinking.*

## INTRODUCTION

What areas of your thinking do you view as unchangeable? Where do you find yourself saying, "That's just the way I am?"

It is easy to feel stuck in certain patterns of thinking. As we experience more of life and continually respond with the same patterns of thought, we may have little hope for change. However, the Bible gives hope for change through continually taking our thoughts captive and submitting those to the truth of God's Word. Like any effort toward change, this is not an easy or quick process. True change requires intentionality, discipline, and dependence on the Holy Spirit.

## DISCUSSION

### > READ PSALM 139:23-24.

Consider the humility and vulnerability of David in asking God to search his mind and heart. Who has God put in your life that you can ask to help you identify toxic patterns of thinking and blind spots? What might they discover?

### > READ 2 CORINTHIANS 10:4-5.

What does Paul say is the purpose of taking every thought captive? Do you take your thoughts captive, or have you often been held captive by your thoughts?

### > READ JEREMIAH 17:9.

Based on this verse, why should we be suspicious of our own hearts? What are some ways you have been deceived by your heart in the past?

### > READ PHILIPPIANS 4:8.

Do your thoughts naturally gravitate toward praiseworthy things, or something else? How can we condition our thoughts toward better things? What are some of those "better things"?

## APPLICATION

What patterns of thought in your life need to be changed by God's transforming power?

Romans 12:2 says we are to be transformed by the renewing of our minds. What practices has God provided for the renewing of our minds? How will you pursue those practices daily?