**Life Group Study Guide: Loved what you heard on Sunday? Want to go deeper? The life group study guide will help you unpack what you heard on Sunday while diving deeper into God's word.**

* *What is something life-giving that you do every day? What is so great about this particular activity?*
* *Would you describe yourself as a glass half-full optimist, or a glass half- empty pessimist?*
* *What insight, observation, or principle from this weekend’s message did you find most helpful, insightful, or troubling? Explain.*

**Your thoughts can hold you back, push you down, and feed you lies. But they can also lift you up! Is it time for you to change the way you’re thinking? Our lives often move in the direction of our strongest thoughts.**

**Start digging. Read Scripture. Read Romans 8:1-11**

* What insights or observations can be learned concerning our thoughts from this passage of scripture?
* Paul tells us there are two different ways of thinking? What are they? See Vs. 5-8.
* What does it practically look like to set you mind on things of the flesh?

What does it practically look like to set your mind on things of the sprit?

* Why is the truth Paul shares in Romans 8:1-4 so important concerning our thought life?
* *Do you agree with Paul’s statement in Romans 8:7-8. Why or Why not?*
* *Do you find your thoughts leading you closer to God, or further away?*
* *Are you excited about the directions your thoughts are taking you?*
* *What do these verses say about how we should think? Read Philippians 4:8, Colossians 3:1-2*
* *Read 2 Corinthians 10:3-6. What does it practically look like to take every thought captive and make it obedient to Christ?*
* *Is there anything you currently say to yourself, or to God, every morning? How does that impact you?*
* *What negative thoughts derail or dominate your thinking? What do they lead you to do?*

***Digging Deeper***

* *If you could change one area of your thought life what would it be?*
* *On Sunday Pastor Jason presented a “Words to Live By” list. Take some time to read through the list and find 5 statements that you will commit to memorize and speak in faith to yourself over the next month. Share this list of five with your life group. For list go to. www.wavechurchsd.com/study*

Words to Live by

SUNDAY, MAY 28, 2017

OUR LIVES MOVE IN THE DIRECTION OF OUR **STRONGEST THOUGHTS.**

**Romans 8:5-9 (ESV)***For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. 6For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. 7For the mind that is set on the flesh is hostile to God, for it does not submit to God’s law; indeed, it cannot. 8Those who are in the flesh cannot please God. 9You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you.*

TWO WAYS TO THINK:

1. MIND ON THE FLESH = LIVING **WITHOUT** A VIEW OF GOD IN OUR DAILY LIVES
2. MIND ON THE SPIRIT = LIVING **WITH** A VIEW OF GOD IN OUR DAILY LIVES

***Are you excited about the direction your   
thoughts are taking you?***

**Romans 12:2 (NLT)** *Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.*

**2 Corinthians 10:3-6 (NIV)***For though we live in the world, we do not wage war as the world does. 4The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. 6And we will be ready to punish every act of disobedience, once your obedience is complete.*

**STRONGHOLD = *OCHUROMA***

*“A prisoner locked by deception”*

**Galatians 5:1 (NIV)** *It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.*

* SATAN CANNOT STEAL YOUR **FREEDOM**, BUT HE CAN MAKE YOU **THINK** YOU ARE NOT AS FREE AS YOU REALLY ARE.

***What negative thoughts are dominating your thinking?***

***What spiritual truths will demolish your strongholds?***