



Winning The War In Your Mind

Part 1: *Think Different, Live Different*

Big Idea

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

Key Scriptures

- **Romans 12:1–2**
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Discussion Questions

- If you could describe your thought life with one image (a busy highway, a peaceful garden, a messy desk, etc.), what would it be? Why?
- What's one funny or random thought you've had recently that made you laugh at yourself?
- Chris mentioned that our lives tend to move in the direction of our strongest thoughts. When you think about that idea, what examples come to mind from your own life?
- What are some “tracks” of thought you notice yourself walking often—whether positive or negative?
- Why do you think negative thoughts can sometimes feel stronger or “stickier” than positive ones?
- **Read Romans 12:1-2**

- Is there anything that stands out to you from this passage? Are there any questions you want to ask Paul about this passage?
 - Paul talks about offering our whole lives as a “living sacrifice.” What do you think he means by that?
 - What does it mean to you that true worship isn’t just singing songs, but how we live and think each day?
 - Paul warns against being “conformed” to the world’s patterns. What patterns or pressures from culture do you notice trying to shape your thinking?
 - Paul says God transforms us “by changing the way we think.” What does that process look like in real life? Have you ever experienced it?
 - When you notice a negative or unhelpful thought, what’s your usual response—ignore it, dwell on it, or challenge it?
 - How could doing a “thought audit” (paying attention to your recurring thoughts) be helpful for you this week?
 - Chris encouraged us to replace one negative thought with one truth from God. What’s a truth you’d like to start speaking over your life?
 - For someone new to faith, speaking God’s truth might feel strange at first. How do you think practicing it—even before you fully believe it—could change your mindset?
 - What’s one area of your life where you’d love to see God give you a “fresh start” in the way you think?
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Challenge Question (For Takeaway):

- This week, write down one negative thought that often plays in your mind. Each morning, replace it by speaking one truth from Romans 12:2 (or from the truth list shared in the message). Pray: *“God, transform me into a new person by changing the way I think about _____.”*