

COMMUNITY GROUP GUIDE

THINK ABOUT WHAT YOU ARE THINKING ABOUT– 07/05/2026

COMMUNION

- **Read and meditate on Romans 12:2:** "Do not be conformed to this world, but be transformed by the renewing of your mind..."
- Spend a few quiet moments thanking Jesus that because of His death and resurrection, we are set free from lies or old patterns of thinking. Our minds are renewed by the Spirit.

REVIEW

- We experience thousands of thoughts every day; many of them are negative, repetitive, and contrary to God's truth. Scripture invites us to become aware of what we are thinking.
- The enemy seeks to pull us away from our relationship with Jesus by planting lies, whereas God's voice always leads us back to truth, wisdom, and life.
- We learn to recognize God's voice by spending time in His Word. Reading Scripture is not a religious duty—it helps us grow in relationship with God and learn His character.
- Every thought should be tested against God's Word. Thoughts that contradict God's character, promises, or love, should be rejected and replaced with God's truth.
- God invites us into the process of transformation. We cooperate with Him by taking every thought captive through the simple practice of Catch it. Check it. Change (Exchange) it.
- Sometimes the Holy Spirit reveals old wounds or lies that have become "hooks" in our hearts. As we forgive others, confess where we have believed lies, and receive God's truth, He brings healing and freedom.
- Gratitude is a great way to retrain our minds. Thankfulness reshapes our thinking, strengthens our relationships, and helps create new pathways that point us back to God.

DISCUSSION

1. What stood out to you most from this week's teaching?
2. Have you noticed any recurring negative thoughts or "mental loops" in your own life? What do you think God might want to say about them?
3. Read 2 Corinthians 10:3–5 and Romans 12:2. What does it practically look like to "take every thought captive" and allow God to renew your mind?
4. Pastor Karen shared the simple practice of Catch it. Check it. Change (Exchange) it. Which step do you find most difficult, and why?
5. What is one lie you want to surrender this week, and what truth from Scripture do you want to intentionally replace it with?

PRAYER

Spend time praying for one another: Thank Jesus that He knows us, loves us, and is faithfully renewing our minds so that we can walk in greater freedom, peace, and joy.