



### **Wish You Were Here, Pt. 3: Mind Control**

There is something that prohibits many of us from getting to where we want to be, or to where God wants us to be. It is something we all struggle with and most of the time we don't even realize it. It just happens. Unfortunately, we don't think we have any control over it ... but we do.

**Bottom Line:** Your thoughts steer your life. Change your thoughts, change your life.

#### **Discussion Questions:**

1. Share an example of a time when something went wrong because you "just weren't thinking."
2. Thinking over your thoughts from the past several days, what thought patterns can you identify (e.g. positive, discouraging, worried)? Did you find yourself consciously aware of the kinds of thoughts you entertained?
3. **Read Romans 8:5-8.** How would you define "set your mind"? Give an example of what that has looked like in your life.
4. **Read 2 Corinthians 10:3-5.** Is it common practice for you to take your thoughts captive to Christ? What makes that hard - or easy - for you to do?
  - a. As you think about where you are versus where God wishes to take you in the future, what are some things that might be at stake? What might you or others lose or miss out on if you don't "take captive every thought"?
  - b. What is a thought you need to take captive? What is one thing you can do this week to begin to take that thought captive? What can this group do to support you?
5. **Read Philippians 4:8.** This passage offers clear-cut directions upon what to set your mind. Using the categories from this verse, brainstorm a list of things that you could focus on this week.
6. What has been the most helpful thought/idea from this week's message? How has that thought/idea helped you?
7. How can the group encourage you this week?