

Life Group Discussion Guide

A life group is a formational community that gathers regularly to care, learn, and pray together. These questions may form the basis of your conversation and are designed to help participants listen and respond to God through personal and scriptural reflection, as well as stirring an imagination for how to practice the way of Jesus.

Groups are encouraged before beginning to have a moment of prayerful stillness, collecting your scattered attention to God, and then if helpful to connect with one another through a conversation starter question.

Questions

1. Have you thought about the importance of your mind in spiritual formation? Do you agree or disagree that our battle with temptation and sin takes place in the mind?
2. How have you seen wrong thinking leading to wrong living in your own story?
3. Can you identify with the Apostle Paul in still struggling with temptation and sin even after following Jesus? Explain how you see that in your own life
4. Read 2 Corinthians 10:3-5. We talked about noticing and naming temptation. How do you typically discern whether a thought comes from God or the enemy?
5. Read Philippians 4:8. Could using Philippians 4:8 as a filter help you discern godly vs. ungodly thoughts? How?
6. Read Ephesians 4:22-24. We were reminded that confusion about identity often fuels spiritual struggle.
 - a. **Which truth about who you are in Christ (child of God, forgiven, free, redeemed, etc.) is hardest for you to truly believe?**
 - b. How might embracing that truth change the way you think or respond to temptation?
7. **How are you currently renewing your mind?** What habits—Bible reading, prayer, community—help fill your mind with “clear water” rather than the “coffee” of old thinking?
8. Where do you sense the Holy Spirit nudging you to take one small, practical step toward renewing your mind this week?