

MINDFULL

THINK ABOUT WHAT YOU'RE THINKING ABOUT



Bottom Line

Name them, demolish them, replace them.

Scripture

2 Corinthians 10:3-5

Conversation Questions

1. How much do you talk to yourself in a given day?

Rarely Some I Have To Tell Myself To Shut Up

2. When have you seen someone “stick to a story” even when it was obviously false? What was the outcome?

3. What was the story you told yourself about your parents when you were eight? How did that change when you were 16? What story do you tell yourself about them now?

4. Paul uses military terminology in talking about the ways we think and the uses of our thoughts? Why does he use such dramatic language? What does this tell us about the power of the ways we think?

5. What are some sticky stories you tell yourself that you now realize need to be named, demolished, and replaced?

6. How has it been true for you that when you were most dependent upon God you actually had the most power to improve your life?

7. What are some “sickly, sticky” stories people tell themselves about the nature of God? Be specific. How can we offer loving correction?

Icebreaker

What has been something that you had to demolish before? (building, room, relationship, etc.)

Activity

Looking for an opportunity to volunteer with your family? Friends? Neighbors? Check out these fun and safe serving opportunities <https://gsumc.org/howtohelp/>