

- Your Thought Life -

Ice-Breaker:



- Why do you think secular cartoons, TV shows & movies use this image to represent our thought life?
- How have you been able to relate to this image in your own life?

Discussion:

1. Read Romans 8:6, 16. How do you think the Spirit governs (guides) and testifies (speaks) to our spirit?

2. Read II Corinthians 10:5 and Ephesians 6:16. The shield of truth protects us from the enemy's flaming arrows (lies), and Paul instructs us to take captive every thought in our heads.
    - How often do you analyze where the thoughts in your head may be coming from?

3. There are essentially 4 different voices that can influence our lives… our **own voice**, the **world's voice**, **God's voice** and **the enemy's voice**. Let's talk about how to discern each of these voices…

    Our Own Voice:
    - Read Philippians 4:8. Your own voice can be shaped by your personality, upbringing and life-experiences. But no matter who you are, Paul says you can choose what you want to focus upon. On a scale of 1 to 10, how well do think on the things Paul highlights in this passage?

    The World's Voice:
    - Read I John 2:15-16. According to this passage, how might you identify something as possibly being the world's voice (thoughts)?
    - Discuss this quote by renowned Psychologist, William James: *"There is nothing so absurd that if you repeat it often enough, people will believe it."*

    God's Voice:
    - Read Proverbs 2:2-6; Job 33:14; John 16:13. What do these verses teach us about listening to God's promptings and the inner voice of His Spirit?

    The Enemy's Voice:
    - There are 3 questions that can help you uncover if a voice (thought) in your head may be coming from the enemy. Read each of the questions below, and discuss why it's a good litmus test to determine if you're dealing with an enemy thought.
        - Does the voice contradict God's Word?
        - Does the voice condemn you?
        - Does the voice get you all worked up (angry with other people)?

Application:

- Pray daily against the enemy's attacks in your life.