

How you think directly impacts how you feel.

1 Kings 19

God can renew your mind. Romans 12:2

1. Monitor you mind. Psalm 139:23-24 | Romans 8:8
2. Set your mind. Colossians 3:2

A Flourishing Mind:

- Feeds on life-giving thoughts: the Bible.
- Is free to think about whatever. Philippians 4:8

Read the Bible with:

- Curiosity
- Integrity
- Expectancy
- Active mind
- Don't force it

Try memorizing Scripture.

Don't just read it, do something.

Matthew 5-7 | Matthew 7:24-29 | James 1:22

Some of our Life Groups use this insert as a discussion guide throughout the week. We encourage you to take that next step in your journey with Jesus and His church by joining one today! [www.seekreallife.com](http://www.seekreallife.com)

**Share your story**

What is one or two things you like best about the fall season?

Which season is your favorite? Why?

Thinking back on what we experienced on Sunday, is there an insight or discovery that the Lord revealed to you?

**Connect to God's Story**

Read John 10:10.

Jesus contrasted his purpose with that of the enemy of our soul. What does Jesus desire to give us?

What does it mean to have a blessed life? In what ways do you think our culture keeps us from understanding what a blessed life truly is?

Read Psalm 1:1-3.

What significance do you see in the progression from walk to stand to sit?

What benefits can you find in a daily journey with the Lord in Scripture?

