Series: FOCUS Message: From the Head to the Heart

How you think directly impacts how you <u>feel</u>. 1 Kings 19

October 22, 2017

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

Life Group Study

For week of October 22, 2017

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

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?

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

In one word or a short phrase, write down the benefits of spending time in God's word that you discover in the following passages:

Psalm 119:5-6	Psalm 119:92-93
Psalm 119:9	Psalm 119:98
Psalm 119:11	Psalm 119:104-105
Psalm 119:24-25	Psalm 119:114
Psalm 119:28-29	Psalm 119:130
Psalm 119:45	Psalm 119:133
Psalm 119:50	Psalm 119:143
Psalm 119:61	Psalm 119:165

Look over the words and phrases you've written. Have you experienced any of these benefits as you've spent time with the Lord in His Word? If so, share.

How can these benefits be important to knowing the abundant life Jesus came to bring us?

Read Psalm 119:72.

Have you ever thought about the value of God's word in this way?

How can hearing from the experience of others who have leaned into the Lord and His word help you see its value?

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. -Philippians 4:8 (NLT) Notes: