

# WEEK ONE: OPEN MIND

## CONVERSATION STARTER:

We average 70,000 thoughts per day—what adjective would you use to describe your thoughts throughout the day?

## ▶ PLAY VIDEO

## READ & DISCUSS: [Isaiah 26:3-4](#)

What stands out to you in this passage?

## ASK GROUP MEMBERS TO READ:

What would it feel like to have a steadfast mind? Life, all on its own, brings an endless parade of worries, fears, uncertainties, and regrets into our minds. But add onto that the thoughts that we in our sinful nature have (hate, lust, jealousy, pride) and the idea of having a steadfast mind can feel like a joke.

But what do we see in the verse above? The Lord is called the Rock eternal. The Lord keeps us in perfect peace. It's the Lord, and not us, credited with steadfastness. And when we put our trust in the Rock eternal and not in ourselves or those around us, we too can find ourselves in a place of perfect peace.

He is steady in a way that doesn't make sense to us. We are used to people breaking promises, hurtful words being spoken, and things not going as we hoped. Our own fickleness and inconsistent thoughts are more familiar than perfect steadfastness.

But what would change if we clung to a never-changing God over our ever-changing thoughts?

We would be given the chance to walk in steadfastness too; a chance to submit our thoughts to the goodness of our God. As we keep growing in truth and grace, over time we will find that we can continue to trust the One whose been for us all along.

The mind is powerful. How are you thinking about God these days? This is an invitation to consider your thoughts this week.

*Open*

## **DISCUSSION QUESTIONS:**

- 1) Where in your life do you feel steadfast?
- 2) Is it attainable in our culture today to have peace of mind?
- 3) Because of the Lord's steadfastness, peace is always available to us, but we don't always experience this. How do we return to peace when our minds become overwhelmed?
- 4) Isaiah 26:3-4 reminds us that God desires for us to be kept in perfect peace. He cares about what we care about. If you had to guess, what does God think about the areas of your life that feel unsteady?
- 5) What would it look like to trust God with those thoughts that feel overwhelming or confusing?

## **INSIDE THE BOX**

If we want to change the way we think about God and life's worries, then we need to be in his Word each day. Here are five scriptures you can meditate on before your next Life Group.

- 1) Ask the Holy Spirit to reveal one thing He wants to change about your thinking.
- 2) Read each passage and highlight what sticks out to you.
- 3) Pray the Holy Spirit would begin to transform your thought life.

- **ROMANS 12:2**
- **COLOSSIANS 3:1-2**
- **PROVERBS 3:5**
- **1 PETER 1:13-14**
- **2 CORINTHIANS 10: 3-5**