

## GO DEEPER

use these questions for further study

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*Use the following questions below for individual or group study. Begin in prayer, inviting the Spirit to speak during this time.*

**Share with the group:** How would you describe your thought life to others? Do you have a noisy head? Is it peaceful? Strange? Do you tend to think in words, pictures, voices, concepts, etc?

What are some of the things you find yourself frequently thinking about?

Are there any consistent messages or thoughts that are part of your self-talk?

### Read Proverbs 4:23

Understanding that in the Hebrew mindset the heart is the seat of consciousness, what does this verse tell us about our thoughts?

### Read Romans 8:5-6 & 12:2

What do these verses tell us about our thoughts?

### Talk About It:

Pastor Adam shared 4 common negative thought traps:

Cynicism      Negative Filtering      Absolutizing      Blaming

Try defining each of these negative patterns and give examples. Is there one you tend to struggle with the most? How does it show up in your life?

### Read 2 Corinthians 10:3-5

Why is it important to recognize that our thought life is part of a spiritual battle?

Why should we distinguish between working to control our own thoughts and letting God's Word do the work of demolishing and capturing thoughts?

What does it practically look like to live this out? Try to give examples for each of the four negative thought traps.

### Read Colossians 3:1-3 & Philippians 4:8

What does it look like to actively live these verses out in our thought life?

What practical step of obedience will you take this week?

**Close** by praying 1 Thessalonians 5:23-24 together.

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