



## A Mind Set Free

**Focus** The Devil attacks us mainly through our thoughts. God has given us His Word so we can fight the Enemy with truth and be free from every bondage.

**Fun** Have each person in the group name something or someone they're thankful for. Be specific. For example, instead of "family" or "friends," say a specific person. Instead of "a job," say "my job at \_\_\_\_\_." Go around the circle at least twice.

**Review** Key Scripture: 2 Corinthians 10:3–5

Genesis 3 tells the story of how Satan took mankind captive with a lie. Jesus came to defeat Satan and set us free with the truth (John 8:32). Here are three important truths we need to understand:

- *The mind is the main battlefield between good and evil.* (James 4:7)  
We are the gatekeepers of our minds. Satan brings thoughts to us that are contrary to God's Word and tries to hold us captive with those thoughts. We must choose whether we will think those thoughts or take them captive. Freedom in our minds begins with making Jesus the Lord of our thoughts.
- *God's Word is a spiritual weapon.* (Ephesians 6:10–17; Hebrews 4:12–13)  
Every piece of spiritual armor God gives us—truth, righteousness, salvation, the gospel of peace, faith, the sword of the Spirit—is an application of His truth in our lives. We fight Satan with truth, and the Bible is our source of truth.
- *Biblical meditation is spiritual warfare.* (Psalm 1:1–3; Deuteronomy 6:6–9)

Biblical meditation is the practice of repeated reading and thinking about specific Scriptures. We reprogram our brains to think differently by replacing bondage-related thoughts with the truth of God's Word. Scripture teaches us to meditate four times a day: evening, morning, when we are sitting at home and when we are travelling.

**\*Group Dynamics Idea\*** Allow extra time for prayer in your meeting this week.

### Discuss

1. Which part of this sermon was most helpful to you?
2. Read 2 Corinthians 10:3–5. How would you explain the idea of “taking thoughts captive”? Why is this only possible with the help of the Holy Spirit?
3. Read Hebrews 4:12–13. The Word of God is alive and active. What is your background with the Bible? Which best describes your former beliefs?
  - (a) The Bible is a mythical collection of stories.
  - (b) The Bible is a book of rules and regulations.
  - (c) The Bible is true but hard to understand.
  - (d) Other
4. The problem isn't fear, depression, lust, anger, your addiction, your past or \_\_\_\_\_, but the way you think about it. Do you have a story from your own life of how God set you free as you learned to think differently?
5. Spend a few minutes looking through a Bible and decide which scripture you would like to meditate on this week. If you're comfortable, read it aloud to the group.

### Take Home

As we conclude, remember:

- Our battleground with Satan is in our minds.
- The Word of God is our weapon to defeat the Enemy.
- Biblical meditation is the process of how we win the battle.

### Pray

Pray that each person will have victory this week in the battle against their thoughts.

**\*New Leader Tip\*** Do your best to start and end the group meeting on time.