

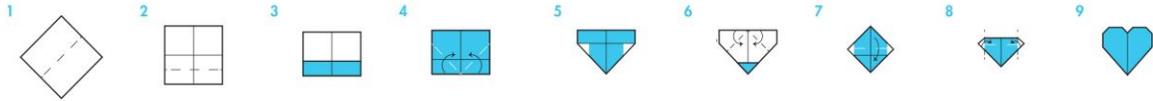
TRANSFORMED

Life Groups

SEASON RUNS JANUARY 26 - MARCH 21

Life Group Member's Notes

Week 3



SESSION 3

Transformed in my Mental Health

CHECKING IN

- Which of the physical health verses from your devotional reading this past week was the most meaningful to you? (If you are not following the journal then share a scripture from your personal devotional time that impacted you this week.)
- What role do you think the mind plays in our growth as followers of Christ?

MEMORY VERSE

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is...his good, pleasing and perfect will. Romans 12:2 NIV

VIDEO

Watch the video lesson and follow along in the outline below.

TRANSFORMED IN MY MENTAL HEALTH WHATEVER GETS YOUR MIND GETS YOU

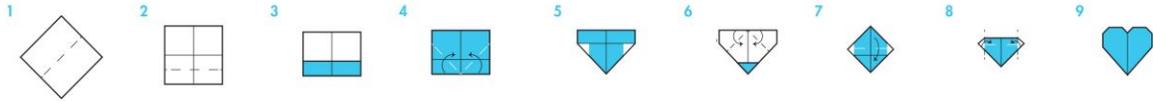
Though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. 2 CORINTHIANS 10:3-5 NIV

TO MAKE THE MOST OF YOUR MIND. . .

- Don't believe everything you _____.

You and I have an amazing ability to lie to ourselves. We do it all the time.

The heart is deceitful above all things and beyond cure. Who can understand it? Jeremiah 17:9



Examine yourselves to see whether you are in the faith; test yourselves.

2 CORINTHIANS 13:5

- Guard your mind against _____.

A wise person is hungry for truth, while the fool feeds on trash.

PROVERBS 15:14 NIV

There are three types of brain food: toxic food, junk food and healthy food.

I will not set before my eyes anything that is worthless. PSALM 101:3 ESV

- Never let up on _____.

Intelligent people are always ready to learn. Their ears are open for knowledge.

PROVERBS 18:15 NLT

Wise people store up knowledge

PROVERBS 10:14 NIV

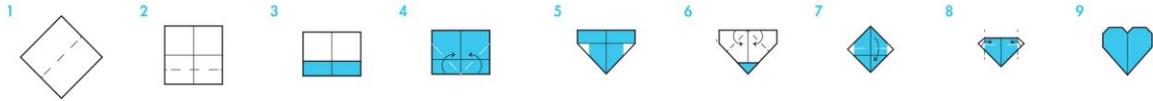
There are two ways to store up knowledge: reading and relationships. Your life will be largely influenced by the books you read and the people you meet.

Those who get wisdom do themselves a favor, and those who love learning will succeed.

PROVERBS 19:8 NCV

It's wise to learn from experience. It's wiser to learn from the experiences of others – and it's a lot less painful.

- Renew your mind daily with _____.



Change doesn't start in your behavior. It starts in your thoughts.

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

ROMANS 12:2 NLT

You will keep in perfect peace all who trusts in you, all whose thoughts are fixed on you!

ISAIAH 26:3 NLT

- Let God stretch your _____.

Now glory be to God, who by his mighty power at work within us is able to do far more than we would ever dare to ask or even dream of... infinitely beyond our highest prayers, desires, thoughts or hopes. May he be given glory forever.

EPHESIANS 3:20

Nothing happens until somebody starts dreaming. God cannot help you reach your goals if you don't have any goals. He cannot fulfil your dreams if you don't have any dreams. He cannot exceed your expectations if you don't have any expectations.

Where there is no vision, the people perish

PROVERBS 29:18 KJV

God wants you to dream big so you can accomplish great things for his glory.

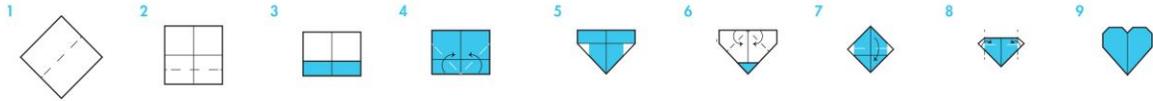
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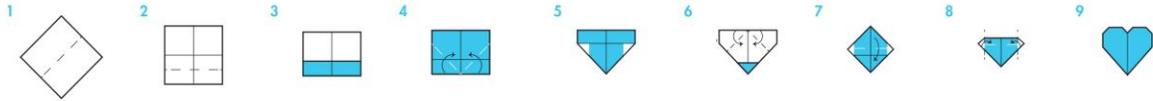
K _____



DISCOVERY QUESTIONS

(PICK AT LEAST ONE OR TWO)

- Why is it so easy to lie to ourselves?
- Rick talked about toxic food, junk food and healthy food for your brain. What could you do to give your brain a healthier diet?
- What specific topics and habits do you want to learn about through your reading and relationships?
- The Bible says, *"You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!"* (Isaiah 26:3). What helps you to fix your thoughts on God?



PUTTING IT INTO PRACTICE

Where do you want to be three months from now with your mental health? What is one thing you will do to take step in that direction? Not one thing you could do, or might do, but one thing you will do. Review Rick's video outline to help you with ideas. We know that goals that are not expressed are very rarely met, so share your goal with one other person in your group.

MY THREE-MONTH MENTAL HEALTH GOAL

PRAYER DIRECTION

In your prayer time this week, focus on the action steps each person wants to take in the area of Mental Health. You may want to have each person pray for the person on their right going around the circle, or pair up in groups of two.

DIVING DEEPER

WANT TO GO DEEPER IN YOUR MENTAL HEALTH?

- Read the Daily Devotions for days 15 to 21.
- Read the Memory Verse for this session every day this week as part of your quiet time. See if you can have it memorized before your next group meeting.
- Read *The Faith: What Christians Believe, Why They Believe It and Why It Matters* by Chuck Colson and Harold Fickett. The Faith is a thought-provoking, powerful manifesto of the great, historical and central truths of Christianity that have sustained believers through the centuries.