

SERMON-BASED STUDY: FIXING YOUR THOUGHTS

Romans 12:1-2, ESV – *I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. ² Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

Philippians 4:8, ESV – ⁸ *Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*

Notes:

- 1.
- 2.
- 3.
- 4.
- 5.

QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

ENGAGE WITH THE MESSAGE

- 1 As we grow spiritually, our comprehension of what God has done for us grows. As our comprehension grows, our commitment to Him grows. What did you learn this week that supports this concept?

2 Paul gives us a list of things to “think about” in Philippians 4:8. What are some examples of things that fit in these categories? How can fixing our minds on these things help to renew our minds?

3 In Romans 12:1, Paul “appeals” with believers to present their bodies as a living sacrifice. What does he mean by “living sacrifice”? Why is this such an important part for fixing our thoughts?

DIGGING DEEPER

A **Romans 7:14-20, ESV** – ¹⁴ For we know that the law is spiritual, but I am of the flesh, sold under sin. ¹⁵ For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. ¹⁶ Now if I do what I do not want, I agree with the law, that it is good. ¹⁷ So now it is no longer I who do it, but sin that dwells within me. ¹⁸ For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. ¹⁹ For I do not do the good I want, but the evil I do not want is what I keep on doing. ²⁰ Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.

4 Looking at the passage above, Paul is describing what is called the sinful nature. What is a sinful nature? What does it mean to have a sinful nature?

5 How can we do the good we want to do, if nothing good dwells in us (our flesh)?

6 Besides prayer and reading the Bible, how can a believer remain strong against temptations?

B **Romans 8:5-8, ESV** – ⁵ For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ⁶ For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. ⁷ For the mind that is set on the flesh is hostile to God, for it does not submit to God’s law; indeed, it cannot. ⁸ Those who are in the flesh cannot please God.

Colossians 3:1-3, ESV – If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. ² Set your minds on things that are above, not on things that are on earth. ³ For you have died, and your life is hidden with Christ in God.

7 What are some ways that we set our minds on the flesh? What are some ways we set our minds on the Spirit and things above?

8 Why can those who are “in the flesh” not please God?

9 How have you experienced “life and peace” when you have set your mind on the Spirit and things above? What has kept you from continuing in this state?

TAKING IT HOME

Today’s message concluded with a quote that begins with our thoughts and ends with our destiny. What we think has a great impact on our lives. What is God showing you today, in regards to your thinking? How can you be better at thinking about things above and less about things of the flesh? Share with your group or accountability partner what God has been showing you. Pray for one another as you seek to think about things above and less about things of the flesh. Spend time this week focusing on the truth of God through spiritual practices.

PRAISES AND PRAYER REQUEST

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FOR FURTHER STUDY

Mark 12:30

John 8:31-32

2 Corinthians 10:4-5