


“THE WAY OF TRUTH”
SPEAKER: BO STERN-BRADY
DATE: JAN 22, 2023
DISCUSSION QUESTIONS

These questions are designed to help lead your group through a progression of engagement with the Bible passage(s) and the speaker's message. They can help you understand and apply the teaching.

**BIBLICAL TEXT(S) + MESSAGE SUMMARY:
2 CORINTHIANS 10:3-5; 2 TIMOTHY 1:7**

This week, Pastor Bo Stern-Brady continues our Follow series that examines practices designed to help us follow Jesus along ancient paths in life-giving ways. This week, she focuses on the way of truth. We know that our minds can convince us to react or behave in ways that don't line up with the truth. The Bible tells us that Jesus has given us weapons that can help us take every thought captive and walk in truth. Pastor Bo shows us the need for these weapons and how we might use them.

LEAN IN: *These are icebreakers and warm ups, mostly to get the group talking and start the flow of conversation. Choose one and talk it over for 5-10 minutes.*

1. What's something that you are convinced is truth or going to happen, even if you don't have any logical reason for thinking this?
2. What's something untrue that you believed as a child? How did you learn the truth?
3. What example or story stood out to you in Sunday's sermon? Why was it significant to you?
4. What is one thing that you're looking forward to this week? What's one that you are dreading?

LOOK DOWN: *These are questions about the Bible passage(s) and observations about what's been read. Spend about 15-20 minutes on three questions max.*

1. What battle (or type of battle) does 2 Corinthians 10:3-5 seem to be talking about?
2. How does 2 Corinthians 10:3-5 describe how we should fight?
3. What are we to demolish? How are we to do this?
4. How is the Spirit that God has given us described in 2 Timothy 1:7?
5. What do these two texts teach you about what it looks like to follow the way of truth?

LOOK OUT: *These questions help connect the world of the Bible to today. Spend about 15-20 minutes on three questions max.*

1. What are some ways that you have seen people's minds be carried away by fear rather than be anchored in truth? What are some issues, topics, or situations that you have seen cause this?
2. In her message, Pastor Bo talked about how our brains develop new neural pathways and how negative neural pathways can become the "strongholds" talked about in 2 Corinthians 10:3-5. What are some prevalent strongholds that exist in our culture?
3. Do you think people regularly consider their thoughts and ask "is this true" the way Pastor Bo described in her message? What do you think this could look like in real life?
4. What kinds of things keep us from being able to notice our thoughts on a regular basis? What might it look like in our modern world to make space to do this more?
5. Mindfulness has become very popular in secular culture. Based on this message and these passages, how is Christian mindfulness different than secular practices of mindfulness?

CONTINUED:

Look In: These are questions that help you consider how to engage the teaching personally. Spend about 15-20 minutes on three questions max.

1. What are issues, topics, or situations in your own life that can cause your thoughts to spiral? What helpful information or tools have you learned from this message/these passages?
2. Do you have any “strongholds” in your life? How could you start to fight against this stronghold?
3. Have you ever stopped to consider repeated thoughts in your head and ask “is this true”? Why or why not?
4. What kinds of things keep you from paying attention to your thoughts? Where could you make space in your day to consider where your mind has been focusing?
5. Which of the suggestions that Pastor Bo gave in this week’s message do you think would be most helpful in your life? Why?

LIVE IT OUT: These action steps help apply this week’s message to day to day life. Choose one prompts and talk it over for 5-10 minutes.

1. What would it look like this week for you to carve out intentional time each day to pay attention to your thoughts?
2. What truth from this week’s message do you need to sink into your soul? What can you do this week to make sure it is well rooted?
3. What thoughts do you need to present to God and ask “Is this true”? Who can you ask to pray for you as you do this?