

EVERY THOUGHT CAPTIVE



#1 Conformed or Transformed

“Every Transformed Life Involves a Change of Thinking”

⁴For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and **take every thought captive** to obey Christ,

2 Corinthians 10:4-5

The Law of Cognition

- Your Life Is SHAPED By Your Thoughts

“What You Think Determines What You Believe, What You Believe Determines How You Behave, How You Behave Determines Who You Become.”

Be careful how you think; your life is shaped by your thoughts.

Proverbs 4:23 [GNT]

“Either You Take Your Thoughts Captive Or They Will Take You Captive”

²Do not **conform** to the pattern of this world, but **be transformed** by the renewing of your mind.

Romans 12:2[NIV]

Area Where Thoughts Shape Your Life:

- #1. Your Thoughts Establish Your EMOTIONS

“Intentional Thinking Can Actually Reframe & Reduce Negative Emotional Responses”

- #2. Your Thoughts Direct Your DECISIONS

“The Pathway To Real & Lasting Life Change Is Not Behavior Modification, It Is Thought Transformation”

- #3. Your Thoughts Regulate Your RELATIONSHIPS

- #4. Your Thoughts Shape Your SOUL

Blessed is the man... his delight is in the law of the LORD, and on his law he **meditates** day and night. Psalm 1:1a & 2

Life Group Discussion Questions

Take a moment to think about your typical day. What kind of thoughts tend to dominate your mind?

Where do these thoughts come from? (relationships, media, work, other)

How might these thoughts be shaping who you are becoming?

Read Romans 12: 1-2

What are some ways the “patterns of the world” conform our thinking?

Discuss the statement, “*Your life is shaped by your thoughts*” Do you agree/disagree? Why?

Thoughtfully Consider These Areas of Your Life That Your Thoughts Shape.

[If you are comfortable consider sharing your answer with your group]

1. Your Emotions:

What situation consistently triggers a strong emotional response in you?

How do your emotions shift when you intentionally change your thinking?

2. Your Decisions:

What habits are you trying to break but keep falling back into?

When do you find yourself saying:” I don’t know what I was thinking”?

In what area of your life is there a disconnect between what you do and what you want to do?

Can you identify a thought pattern that is directing your decisions?

3. Your Relationships:

When you make assumptions about someone intentions do you assume the best or do I presume the worst?

What is the story you tell yourself about this person when you have to fill in the gaps?

4. Your Soul:

[Read Psalm 1:1-2] How has thinking (mediating) upon the things of God shaped your soul?

Renew Your Mind:

This week identify one area of your life where your thoughts stem from “the patterns of this world” (fear, anxiety, greed, lust, selfish ambition etc.) Deliberately replace them with God's Word. Each morning prayerfully align those thoughts with God’s will.

Source: Kyle Idleman “Every Thought Captive” Zondervan Publishing

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