



Who Told You? | Ethan Matott | 7.25.21

Weekly Study

START

To get things started, go around the circle and answer the following question:

What was your favorite part about this past weekend?

SHARE

Welcome back to Group! This week, Ethan gave a necessary message on taking captivity of our mind. We disable the lies the world imprisons us to by allowing God's truth, *the* truth, pour into us via the Holy Spirit. Before we dive into the sermon, take some time to check in with your Group by answering these questions.

What's one word that would describe how your day went today? Why did you choose that word?

What is one thing you feel like God is teaching you right now?

What was the most challenging part of your week?

What was the highlight of your week?

GROW

Read 2 Corinthians 10:1-5

What is your biggest takeaway from this passage after reading it?

How can Paul's words in this passage equip you to renew your mind on the things of God?

In this passage Paul reminds us of the truth God says about us. Because of that, we can battle in both confidence and humility, the opinions of this world. We aren't always going to say or do the right things and people will always have something to say about it. But if you are walking in righteousness with God and speaking things in a way that is honorable and not something that is meant to destroy, then that is honored by God.

Paul says " Those things God gives to fight with destroy the strong places of the devil" He is saying that as Christians, we have the ability to fight against the false things that people say against us in a righteous manner rather than fight them with the same words that are being used against us (which is what the devil wants us to do). It's important to consider that when the waves and pressure come in situations we have the God given gift to combat it in a way that doesn't pit against flesh, but silences the enemy.

At the end of this passage Paul encourages us to "take hold of every thought and make it obedient to Christ" (verse 5). As Christians we know that we live in a world where humans instinctively run by our flesh. But we also know that not everything that we feel and say comes from a holy place. Instead, we submit our thoughts and feelings to God and become slaves to the righteousness purchased *only* by Jesus to free us from the patterns of this world.

What is one practical step you can take to start renewing and transforming your mind on Christ?

What mindset do you need God's truth to set you free from?

M O V E

Philippians 4:4-9

In this passage, what are the three components Paul urges us to have in order to experience the mindset of peace that comes with following Jesus?

How can we use these components to bring clarity to our lives?

Paul reminds us in this passage to "Always be full of joy in the Lord" (Philippians 4:4). This seems simple, but in a world full of depression and anxiety, it can easily be taken from us. In the same verse, Paul calls Believers to exchange the worries we have on this earth for an eternal perspective. We do not have to let our superficial circumstances on this earth keep us from experiencing internal joy. Paul uses his own experience to relay to the world that we are capable of changing our mind set for the better and create a life of contentment in the place we are in.

As Ethan preached this week, we are fed lies by the world on a daily basis keeping us captive of our own thoughts. These lies can be related to feelings of inadequacy, fear of failure, or even believing we aren't capable of something. Jesus asks us who told us these lies to get to the root of the issue. We must first call out the lies in our lives before we can tackle them, just as you need to know what your target is before you aim. We must keep going back to the initial thought that brought us to the lie we are facing. When we identify the culprit of our feelings, we can find the key to changing our mindset.

We often believe that we have to battle alone and our minds begin to worry that we are letting God down. Scripture tells us to “fix our thoughts on what is true and honorable, and right, and pure, and lovely, and admirable” (Philippians 4:8). The verse continues on that we must watch what God is doing and learn from it in order to experience peace. Just as Ethan’s illustration of the food coloring in water on Sunday, we must let God infiltrate our thoughts with truth and clarity instead of trying to take control and making the waters murkier.

What lies are holding you back from truth?

What are some practical things you can do this week to connect yourself more to Jesus who is our source of clarity?

P R A Y

We need prayer now more than ever. Spend some time-sharing prayer requests. If you are in a coed group, consider breaking off into two separate groups (or calls if you are an online group) to share more freely.

T O G O

- *“And now these three remain: faith, hope and love. But the greatest of these is love”.*
1 Corinthians 13:13