



## Small Group Member Goal Ideas

**Instructions:** Use one of these suggestions if you're having trouble determining a 3-month goal for being transformed mentally.

- Turn off TV/devices for a set period of time, using this time to do something that challenges you mentally.
- Memorize this week's verse and each of the remaining verses throughout the journey; when the journey is complete, continuing memorizing one verse each week.
- Memorize a positive phrase or short poem each week for three months that inspire you; post these in strategic places at home/work/school.
- Start a reading plan, reading one book per month. What new things could you learn in a year?
- Meet someone new and find out their story. Challenge yourself to do this on a weekly or monthly basis.
- Learn/develop a new skill or hobby, possibly creating or sharing something new with a loved one for Christmas.
- Take time to question one core belief you have about a cultural norm and see what God's Word has to say about it.
- Listen to positive music, news, books, especially before going to sleep at night for the next three months. See how your rest and waking hours are transformed.
- Replace one negative thought each week with a positive thought.
- When faced with something that worries you, take time to pray, turning it over to God immediately. See how the regular practice of prayer changes your mental outlook on a daily basis over the next 3 months.
- Set aside time each week to be creative and use your imagination. What new ideas might you have if you set aside time to think creatively?



# TRANSFORMED

## Message Notes & Small Group Discussion

*Transformed Mentally*  
**October 1, 2017**



**“Transformed Mentally”**  
[Tom Lundeen, Senior Pastor]

## MESSAGE NOTES

Note Romans 12:2

God is more interested in changing your mind than in changing your \_\_\_\_\_.

### 1. Why it Matters That We \_\_\_\_\_ Our Thought Life

Because:

- A. My thoughts \_\_\_\_\_ my life (note Proverbs 4:23).
- B. My mind is the battleground for \_\_\_\_\_ - all t\_\_\_\_\_ happens in the mind (note Romans 7:22-23).
- C. It's the key to \_\_\_\_\_ and real joy (note Romans 8:6).

Myth = my thoughts are u\_\_\_\_\_.

We can make \_\_\_\_\_ to have a healthy mind.

### 2. I Choose to \_\_\_\_\_ My Mind with Truth

Note John 8:32; Matthew 4:4; Psalm 119:147, 97; Psalm 16:7

### 3. I Choose to \_\_\_\_\_ My Mind From Destructive Thoughts

- A. My \_\_\_\_\_ nature (note Romans 7:23) - how often do we engage in self-defeating \_\_\_\_\_? (note Romans 8:5)
- B. \_\_\_\_\_ (note I John 4:4) - t\_\_\_\_\_ (note II Corinthians 2:11; Ephesians 4:26b-27).
- C. \_\_\_\_\_ - note I John 2:16

Note II Corinthians 10:3-5

“stronghold” = a \_\_\_\_\_ that we believe.

“we take captive” (\_\_\_\_\_)

“we make it \_\_\_\_\_”

How do you make your mind \_\_\_\_\_ you?

The process of temptation (note \_\_\_\_\_ 1:14-15):

- i. \_\_\_\_\_ - temptations don't start “\_\_\_\_\_”...they start in our mind. What can start as a natural desire...is corrupted by temptation into a \_\_\_\_\_ desire.
- ii. \_\_\_\_\_ (note Genesis 3)
- iii. D\_\_\_\_\_ (note James 1:14) - temptation “\_\_\_\_\_” us.
- iv. Disobedience and \_\_\_\_\_ - “What I \_\_\_\_\_ with I'll fall for” (Warren)

The best way to defeat temptation is to make good \_\_\_\_\_ before it starts (note Psalm 119:112).

### 4. I Choose to \_\_\_\_\_ My Mind on the Right Things

- A. Think about \_\_\_\_\_ (note II Timothy 2:8 and Hebrews 12:3).
- B. Think about \_\_\_\_\_ (note Philippians 2:4 and Hebrews 10:24).
- C. Think about \_\_\_\_\_ (note Colossians 3:2) - heavenly-minded people throughout history are those who have done the \_\_\_\_\_ on earth! Note I Corinthians 2:9.

We can be transformed by God:

- Our minds are our greatest \_\_\_\_\_...
- ...and biggest b\_\_\_\_\_.
- By God's grace we can make powerful choices...that will change the way we think for the better and that God will use to transform our lives.

Tell someone about the next step you took today in your spiritual journey. You can also use the connect card to let us know about your commitment, too!



## “Transformed Mentally” Tom Lundeen, Senior Pastor

### MESSAGE NOTES

Note Romans 12:2

God is more interested in changing your mind than in changing your circumstances.

### 1. Why it Matters That We Manage Our Thought Life

Because:

- A. My thoughts control my life (note Proverbs 4:23).
- B. My mind is the battleground for sin – all temptation happens in the mind (note Romans 7:22-23).
- C. It’s the key to peace and real joy (note Romans 8:6).

Myth = my thoughts are uncontrollable.

We can make choices to have a healthy mind.

### 2. I Choose to Feed My Mind with Truth

Note John 8:32; Matthew 4:4; Psalm 119:147, 97; Psalm 16:7

### 3. I Choose to Liberate My Mind From Destructive Thoughts

- A. My old nature (note Romans 7:23) – how often do we engage in self-defeating behavior? (note Romans 8:5)
- B. Satan (note 1 John 4:4) – temptation (note 2 Corinthians 2:11; Ephesians 4:26b-27).
- C. Culture – note 1 John 2:16

Note 2 Corinthians 10:3-5

“stronghold” = a lie that we believe.

“we take captive” (conquer)

“we make it obedient”

How do you make your mind mind you?

The process of temptation (note James 1:14-15):

- i. Desire – temptations don’t start “out there”...they start in our mind. What can start as a natural desire...is corrupted by temptation into a runaway desire.
- ii. Doubt (note Genesis 3)
- iii. Deception (note James 1:14) – temptation “baits” us.
- iv. Disobedience and defeat – “What I flirt with I’ll fall for” (Warren).

The best way to defeat temptation is to make good choices before it starts (note Psalm 119:112).

### 4. I Choose to Focus My Mind on the Right Things

- A. Think about Jesus (note 2 Timothy 2:8 and Hebrews 12:3).
- B. Think about others (note Philippians 2:4 and Hebrews 10:24).
- C. Think about eternity (note Colossians 3:2) – heavenly-minded people throughout history are those who have done the most good on earth! Note 1 Corinthians 2:9.

*We can be transformed by God:*

- Our minds are our greatest asset...
- ...and biggest battleground.
- By God’s grace we can make powerful choices...that will change the way we think for the better and that God will use to transform our lives.

Tell someone about the next step you took today in your spiritual journey. You can also use the connect card to let us know about your commitment, too!