

Healthy Mind: God Help Us!

April 23-24, 2022: Dary Northrop

This 60+ minute guide is a springboard for discussion and catalyst for further study, based on the message. Please choose from any or all of the parts below that you think are most interesting and useful in your group.

1. My **thinking** matters most.

- Advice: "Stop trying, start training." How does this adage impact you?
- Read **2 Peter 1:3-4**, **Philippians 4:13**, and **James 1:12-18**.
 - Where does sin begin? How does God's power help us?
- Read and discuss **1 John 2:15-16** from **several different translations**.

2. Becoming a **living and holy** sacrifice.

- Read **Romans 12:1-2**, and **Proverbs 4:23**. On a practical level, what does it look like to **surrender myself to God** - body, mind, my plans, et cetera?

3. Where does my **behavior** come from?

- Discuss **Luke 6:45**, **Matthew 15:18-19**, and **Genesis 6:5**.
- In the weekend message, capability, availability, and action were explored, as they relate to habits. What ideas stand out to you?
- Read and talk about **1 Corinthians 10:13**.

4. Transformation comes from the way we **think**.

- Read **2 Corinthians 10:4-5**. How can I cooperate with the Holy Spirit in this process?
- Talk about these steps recommended by Christian counselor Jessica Oberreuter:
 - Study the Bible daily... *truth helps you to refute lies.*
 - Recognize the mind-body connection... *transforming the mind directs habit changes.*
 - Declare truth over yourself... *using God's truth brings freedom.*
 - Realize you are in a fight... *and God empowers you to win it.*
 - Find accountability... *with a Biblical Christian friend.*
 - Don't give up hope... *it takes time to overcome ingrained thought patterns.*
 - Go to God in prayer... *the Holy Spirit is your ever-present help in trouble.*

Practice this week:

- Recognize my **behavioral** patterns.
- **Capture** my thought.

Read **Philippians 4:6-8** and listen/watch this song/video to end the session:

- **"Faithful Now"** <https://www.youtube.com/watch?v=B2YHvIam5vY>

If you have a prayer need, please ask a friend here to pray with you, and to support you in prayer this week.