

## Introduction: A change of thinking

- Every transformed life (like the prodigal son or the woman at the well) involves an awakening to a new way of thinking.
  
  
  
  
  
  
  
  
  
  
- Every life change story has one thing in common and that is a \_\_\_\_\_ of \_\_\_\_\_.

## The battle for your mind

*We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

2 Corinthians 10:5

### The law of cognition

- Like the law of gravity, this law applies to you whether you believe it or not.
- The law of cognition basically says that your life is shaped by your \_\_\_\_\_.

*Above all else, guard your heart, for everything you do flows from it.*

Proverbs 4:23

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

Romans 12:2a

### Neuroplasticity and the subconscious

- Neuroplasticity shows that our brains are constantly being molded by what we experienced and what we're exposed to.
- The average person has 60,000 to 80,000 thoughts a day, and 95% of them are subconscious.

**The connection between thoughts and life:**

1. Our thoughts establish our \_\_\_\_\_.
2. Our thoughts direct our \_\_\_\_\_.
3. Our thoughts regulate our \_\_\_\_\_.

Three questions to think about as you process your thoughts and your relationships:

1. When you make assumptions about someone's intentions, do you assume the best or the worst?
  2. When you think about your past with a person, what do you remember?
  3. What narrative do you tell yourself about this person when you have to fill in the gaps?
4. Our thoughts determine our \_\_\_\_\_.

*Set your minds on things above, not on earthly things.*

Colossians 3:2

### **Application: Break the pattern of distraction**

- The "Streaming Circus": We must break free from constant digital distraction to make space for the Holy Spirit to renew our minds (e.g., Social media fast, news detox, phone-free mornings).

### **Discussion Questions:**

1. Can you share a personal example of a time when a specific thought pattern (either positive or negative) directly impacted your emotions or a major decision?
2. In the "streaming circus" parable, the daughter becomes so consumed by constant digital noise that she forgets to sit with her father. Which "attraction" or distraction in the modern world do you find hardest to walk away from, and how is it affecting your spiritual growth?
3. Romans 12:2 challenges us not to be conformed to the pattern of this world. How do you see our culture trying to squeeze us into its mold today, and what is one practical step you can take to break your pattern of distraction this week?
4. We learned that our thoughts naturally try to "fill in the gaps" when interpreting other people's actions or words. In your relationships, do you tend to presume the worst or assume the best when you lack the full context? How can taking your thoughts captive change this dynamic?