



Sermon Resources

Sermon: *Don't Believe Everything You Think*

Speaker: Adam Scott

WHAT DO I NEED TO KNOW?

2 Corinthians 10:3-5

OUR LIFE IS ALWAYS MOVING IN THE DIRECTION OF OUR STRONGEST THOUGHTS

WE CANNOT DEFEAT WHAT WE DO NOT DEFINE

LIES LOSE THEIR POWER WHEN WE REPLACE THEM WITH TRUTH

(SERMON IN A SENTENCE) Freedom comes when we replace the lies we believe with the truth God speaks.

MEMORY VERSE: 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

GROUP DISCUSSION

- **ICEBREAKER:** What's one belief you held as a child that turned out to be completely false or silly?
- Read **2 Corinthians 10:3-5**. What stands out or challenges you in this passage?
- How do you interpret Paul's phrase "we take every thought captive"?
- "*Our lives move in the direction of our strongest thoughts.*" What does that look like in your experience?
- What are some recurring negative thoughts or narratives in your life?
- Which of those thoughts have you named and tried to "take captive"?
- What would it look like for you to "*define the lie*" you've been living under?

- Can you name a specific truth from God's Word that you need to start speaking to yourself regularly?
- What would it look like for our group, and our church to become a place where people can talk openly about their mental battles?

ADDITIONAL RESOURCES

- **SCRIPTURE**
 - Romans 12:1-2
- **BOOKS**
 - *Winning The War In Your Mind* by Craig Groeschel
 - *Don't Let The Enemy Have A Seat At Your Table* by Louie Giglio
- **RIGHT NOW MEDIA**
 - *Every Thought Captive* by Kyle Idleman
 - *Get Out of Your Head* by Jennie Allen