

# Sermon Resources

Sermon: *Chose Your Rut*

Speaker: Adam Scott



## WHAT DO I NEED TO KNOW?

Romans 12:1-2

**(SERMON IN A SENTENCE)** Dig a trench of truth and let your thoughts run with it.

### START WITH THE SOURCE

### SPEAK IT UNTIL YOU BELIEVE IT

## GROUP DISCUSSION

- **ICEBREAKER:** What's a habit or routine you've had for a long time—good or bad?
- If your thoughts had a path they followed every day, where do you think they'd lead?
- Read **Romans 12:1-2**. What does "renewing of the mind" mean to you? How is it different from just thinking better thoughts?
- "*Dig a trench of truth and let your thoughts run with it.*" What truth do your thoughts naturally run with? What lies do they tend to drift toward?
- What are some "acceptable" ruts in our society that we often don't question but should?
- In what ways has the world tried to tell you who you are—and how has that shaped your inner narrative?
- What "truth trench" do you need to dig this week? How can you practically do that?

## KEEP WALKING THE NEW TRENCH

**MEMORY VERSE:** Do not conform to the pattern of this world, but be transformed by the renewing of your mind....—Romans 12:2

- What spiritual practices might help you build new thought patterns?
- What does "speaking it until you believe it" look like in your life? Are there specific Scriptures or truths you need to start speaking?

## ADDITIONAL RESOURCES

- **SCRIPTURE**
  - Colossians 3:1-3
- **BOOKS**
  - *Winning The War In Your Mind* by Craig Groeschel
  - *Renovation of the Heart* by Dallas Willard
- **RIGHT NOW MEDIA**
  - *Facing Anxiety* by Jonathan Pohluda
  - *Tame Your Thoughts* by Max Lucado