



TRANSFORM YOUR THINKING

LO

TO KNOW THAT EVERYTHING WE THINK ABOUT SHOULD BE IN LINE WITH WHAT JESUS TAUGHT
TO UNDERSTAND THAT HOW WE THINK CAN CHANGE HOW WE ACT
TO KNOW OUR THOUGHTS ARE POWERFUL, BUT WE CAN HAVE POWER OVER THEM.

TO BE ABLE TO TAKE EVERY THOUGHT CAPTIVE THIS WEEK AND MAKE IT OBEDIENT TO CHRIST

INTRO ACTIVITY AND QUESTIONS

Welcome everyone, make sure everyone knows each others names and a bit about each other.

GAMES

Play Pass The Pen- On a piece of paper at the top everyone writes a well known phrase or action, they pass it to their left. That person reads it then folds it over, and draws what they read. They pass it again, that person then folds it and writes what think they saw. Write. Draw. Write Draw. until it gets back to the start. Have a look and a laugh! Like Chinese Whispers but with drawing!

DISCUSS

- What do you spend most of your free time doing?
- What do you think about most?
- How much do you think what you think about affects your mood or behaviour?
- Can you think of a time where a positive thought proved to be helpful in your life?
- Can you think of a time where a negative thought proved to be harmful in your life?
- Why do you think that mental health is so poor in young people atm?
- Do you think you can change the way you think, and some of your thought habits?
- How can following God help the way you think?

BIBLE STUDY AND DISCUSSION

2 CORINTHIANS 10:5

- What is meant by 'take every thought captive and make it obedient to Christ'?
- How can you make sure you are living by this verse? How would it change our lives?
- Can you think of a time when you've applied this verse to your life? How did it change the outcome?

PHILIPPIANS 4: 8-9 (NLT)

- What do you notice happens when we think about good things?
- How can we make sure that our thoughts are: true, honourable, right, pure, lovely, and admirable?

ROMANS 12:2

- What do you think is 'conforming to the pattern of this world' is?
- How can applying the verse above (2 Cor 10:15) help us to be 'transformed by the renewing of your mind'?
- How can you make sure you aren't conforming to the world but changing it?

ACTIVITY OR RESPONSE

DO:

- As a group :** down one side of a large piece of paper write out as many usual negative thoughts people. On the other side, write the opposite thought or truth is. If your group is able, use bible passages for the truth. E.g. I'm not good enough.... I can do all things through Christ who strengthens me/ God made me able.
- On Your Own:** Write out the truth/positive thought that means the most to you, decorate it and take it to pin on your mirror or wall so you see it when you wake up. (They can make a text/insta post if their phones are capable of this)

PAUSE: THINK FOR A MOMENT... WHAT THINKING NEEDS TO CHANGE IN YOUR LIFE? HOW CAN YOU HELP YOURSELF DO THAT?

PRAY!



Can you post anything on Facebook about what you've learnt today?



Can you post a picture on insta representing what you've done today?



Can you post anything on SnapChat about what you've learnt today?