

Discussion Questions 5-16-2010:

1. How often do you think about what you typically think about? What consumes your thought life the most? Do the things that randomly come into your mind ever surprise you?
2. Why do you think worried thinking, confused thinking and destructive thinking are “on the rise” in our culture today?
3. Comment on your response to this statement. “You become what you think about”.
4. Read Ephesians 4:17-19. When you read this description of the church at Ephesus and compare these statements to what you see in our culture today, how do you think they compare? Where does verse 18 say this lifestyle begins?
5. Read Ephesians 4:20-24. Focus in on verse 23 & 24. What do these verses say we must do? Why do you think it is so difficult to take control of our thought lives?
6. This week we talked about 3 things that we need to do to be, “The Me I Want To Be”. We must...

Transition the way I think.

Facilitate God honoring thinking.

Trust things that are hard to explain, knowing that they can't be denied.

Which of these was most important for you to learn and be reminded of? Why?

7. We also talked about what God honoring thinking looks like...

Recognizing our choices

Sensing our convictions

Evaluating our consequences

Which of these is the most difficult for you? Why?

8. Read Phillipians 4:8. What are your thoughts about this challenge? Take the challenge as a group to memorize this verse. When you catch your thoughts not honoring God, pause and quote the verse!!

9. Be sure to conclude your group praying about any special needs and also pray for each other as we take these steps toward becoming, “The Me I Want To Be”.