

All In - Get Your Head In The Game - Part 2

Renewing Your Mind & Walking in Truth

1. WELCOME & SNACKS (20 MINS)

Gathering & Hospitality

Welcome members as they arrive, allow time to grab snacks/drinks, catch up casually, and settle in comfortably before transitioning into group time.

Leader Goal: *Create an inviting, relaxed environment where everyone feels valued and welcomed.*

2. ICEBREAKER (10 MINS)

Icebreaker: "Acquired Appetites & Old Habits"

Share a food or appetite you used to dislike as a child that you now love—or a habit you picked up simply because you were exposed to it repeatedly over time.

Leader Goal: *Get everyone sharing honestly. Connect the physical concept of "building an appetite" to how our minds naturally develop appetites for whatever we feed them daily.*

3. MESSAGE RECAP & KEY SCRIPTURES (10 MINS)

You cannot live the right way while thinking the wrong way. What we think affects us immensely whether it is true or not, impacting both our lives and those around us. Transformation begins when we stop accepting unhealthy mindsets as "normal," feed our minds on God's truth, and align our head and heart in faith.

Main Scripture: Romans 12:1–2 — "Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

Core Takeaways:

- **Challenge what you have accepted as normal:** Not every unhealthy thought feels unhealthy—some feel normal because we've lived with them for so long. Thinking wrong can cause us to miss God's will for our lives.
- **Pay attention to what you are feeding your mind:** Whatever you feed your mind on, your mind develops an appetite for. What you keep feeding your mind with keeps coming out of your life.
- **Replace the lie, not just the behavior:** Life and death are in the power of the tongue. True renewal means bringing our beliefs into contact with God's truth, speaking our real identity in Christ, and putting lies under our feet.
- **Get your head and heart going in the same direction:** A double-minded person has their mind going in one direction and their heart in another. Faith comes by hearing the Word of God, bringing head and heart into total alignment.

4. DISCUSSION QUESTIONS (10 MINS)

- 1 The sermon noted: "You can't live the right way while thinking the wrong way." Why do you think our thought life has such a direct pull on our daily actions and choices?**
Encourage reflections on how internal thoughts shape external habits and reactions.
- 2 What are some unhealthy or negative mindsets that culture treats as completely "normal," but actually contradict the Word of God?**
Help group members identify subtle lies or worldly patterns that people accept without questioning.
- 3 Read Romans 12:1–2. What does it look like in practical daily life to be "transformed by the renewing of your mind" rather than conformed to the world?**
Focus on the intentional, daily process of renewing thoughts through Scripture and prayer.
- 4 We learned that "whatever you feed your mind on, your mind develops an appetite for." What common things do people feed their minds daily (media, news, negative self-talk), and what kind of appetites do they produce?**
Discuss how media consumption and environment shape our desires, anxieties, and spiritual hunger.
- 5 Is there a specific lie or "stinking thinking" you have lived with for a long time that you need to replace with God's truth?**
Promote vulnerability. Shift focus from modifying surface behavior to addressing root belief systems.

- 6** The sermon emphasized that life and death are in the power of the tongue. How can we practice speaking our true identity in Christ Jesus over our lives instead of speaking out our doubts or feelings?
Discuss practical declarations of God's Word over personal insecurity, fear, or past failure.
- 7** What does it look like when someone is "double-minded" (head going one way, heart going another)? How does getting back into God's Word bring them into alignment?
Connect to building faith through hearing the Word of God (Romans 10:17).
- 8** What is one practical step you will take this week to feed your mind with heavenly thinking rather than worldly noise?
Use this application question to transition into fellowship and end-of-meeting prayer time.

5. FELLOWSHIP & FURTHER DISCUSSION (30 MINS)

Open Fellowship & Deeper Connections

Transition into unscripted, open fellowship. Use this extended time to dive deeper into any of the 8 discussion questions that sparked strong engagement, connect personally, and build authentic community over refreshments.

Leader Goal: *Provide an unhurried space for personal ministry, deeper conversation, and relationship building.*

6. PRAYER TIME

Closing Prayer Routine

Close the meeting together in prayer, bringing individual needs and reflections before God:

1. Silent Reflection & Inspection

Quietly ask God: "Lord, reveal any 'normal' but unhealthy thinking patterns in my mind that need Your truth."

2. Mindset Renewal & Confession

Pray together for grace to put lies where they belong—under our feet—and to speak our true identity in Christ.

3. Holy Spirit Alignment

Pray in pairs or as a group for the Holy Spirit to align our heads and hearts in faith and give us an appetite for God's Word.

4. Leader's Closing Blessing

"Father, renew our minds by Your truth this week. Help us feed on what is good, replace every lie with Your Word, and walk with our heads and hearts fully aligned in faith. In Jesus' name, Amen."