



ART'S IN YOUR HEAD?

Pastor Dave Patterson
The Power of Seed Thoughts

USING THIS SERMON DISCUSSION GUIDE

We have provided all the Scriptures referenced in the sermon and some discussion questions for you to use to facilitate a discussion.

This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group. For most groups, there are too many questions to answer in one session together.

While the questions are important, remember your small group's goal is not to pound through the questions but to create an atmosphere that will foster true friendships, so knock yourself out with the discussion questions but spend more time laughing than answering the questions.

The Seed Thought Principle:

Your life is a product of your thoughts. You are today where your thoughts have brought you and you'll be tomorrow where your thoughts are taking you

[Proverbs 4:23]

*Above all else, guard your heart, for **everything you do flows from it.***

Heart = *Lebab* (Hebrew): the feelings, the will and the intellect; the centre

[Ephesians 4:21-24]

*Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. **Instead, let the Spirit renew your thoughts and attitudes.** (“...be renewed in the spirit of your mind”) Put on your new nature, created to be like God—truly righteous and holy.*

1. Recognize and eliminate bad seed

[1 Thessalonians 5:21]

But test everything, every word that is said; Hold fast to what is good.

[2 Corinthians 10:3-5]

*For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ 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. Continually plant and water the seed of the word

[Joshua 1:8]

*Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. **Then you will be prosperous and successful.***

[Psalm 1:2-3]

Blessed is the one....whose delight is in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers.

[Psalm 37:30-31]

*The godly offer good counsel; they teach right from wrong.
They have made God's law their own, so their feet do not slip*

[1 Samuel 30:3-4]

When David and his men saw the ruins and realized what had happened to their families, they wept until they could weep no more.

[1 Samuel 30:6b]

"...But David strengthened himself in the LORD his God".

3. Remind yourself of What God has said and stand on it!

[Psalm 34:1-6]

*I will praise the LORD at all times;
his praise will always be on my lips.
I will glory in the LORD;
let the afflicted hear and rejoice.
Glorify the LORD with me;
let us exalt his name together.*

[Psalm 56:2-4]

*Be merciful to me O God! For many are attacking me in their pride.
When I am afraid, I will trust in you. In God, whose word I praise; I
n God I have put my trust; **I shall not fear.** What can mere man do to
me?*

[Psalm 62:1-2]

My salvation comes from God alone.

*He alone is my rock and my deliverance, **he is my fortress, I will never be shaken.***

[Psalm 27-1-3]

*The LORD is my light and my salvation—
whom shall I fear?*

*The LORD is the stronghold of my life—
of whom shall I be afraid?*

*When the wicked advance against me
to devour me,*

*it is my enemies and my foes
who will stumble and fall.*

*Though an army besiege me,
my heart will not fear;*

*though war break out against me,
even then I will be confident.*

[1 Samuel 30:18-19]

David got back everything the Amalekites had taken, and he rescued his two wives. Nothing was missing: small or great, son or daughter, nor anything else that had been taken. David brought everything back..

DISCUSSION QUESTIONS

1. How did you get where you currently are in life? Can you tie your current location to a seed thought that you began to entertain and meditate on?
2. How can we let the Spirit renew our thoughts and attitudes?
3. Who in your life sowed good seed thoughts into you? Who can you sow into?

4. What seed thoughts are the loudest for you right now? What inner conversations do you need to adjust to avoid the predictable path they will take you down?
5. When the "evil" day comes what is your default response? How can you water the seed thoughts of God for your life to ensure that on that day you will declare the truth of God for your life?
6. How can you strengthen yourself in the Lord?
7. What can you begin doing today that will ensure the seed thoughts of God will grow and take root in your heart and in the hearts of those God has placed in your life?