



# ART'S IN YOUR HEAD?

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## 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.

### **[Ephesians 4:23 (AMP)]**

*Be **continually renewed in the spirit of your mind** having a fresh, untarnished mental and spiritual attitude.*

Watch your thoughts, they become your words;  
“watch your words, they become your actions;  
“watch your actions, they become habits;  
“watch your habits, they become character;  
“watch your character, for it becomes your destiny;  
*Ralph Waldo Emerson*

*“Our life is what our thoughts make it”*

Marcus Aurelius

*“Research shows that around 87% of illnesses can be attributed to our thought life, and approximately 13% to diet, genetics and environment. Quite simply, there is no longer any doubt that what and how you think affect your emotional and physical state.”*

*Dr. Caroline Leaf (Cognitive Neuroscience Pathologist)*

### **[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 center*

### **[2 Corinthians 10:4-5]**

*The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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.*

### **[Philippians 4:8]**

*And now, dear brothers and sisters, one final thing. **Fix your thoughts** on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.*

*(AMP: think continually on these things -center your mind on them, and implant them in your heart).*

### **[Philippians 4:8]** (Dave’s inverted translation)

*Finally, brothers and sisters, whatever is false, whatever is immoral, whatever is wrong, whatever is filthy, whatever is ugly, whatever is negative—if anything is unacceptable, if anything is disgusting or best to be forgotten, never waste your time thinking about such things.*

### **[Joshua 1:8]**

*Keep this Book of the Law always on your lips; **meditate on it day and night**... Then you will be prosperous and successful.*

***“Your future is being determined by the information you have received and believed about yourself. Your perspective is shaping your destiny”***

**[Numbers 13:27-32]**

*This was their report to Moses: “We entered the land you sent us to explore, and it is indeed a bountiful country—a land flowing with milk and honey. Here is the kind of fruit it produces. But the people living there are powerful, and their towns are large and fortified. We even saw giants there, the descendants of Anak!<sup>29</sup> The Amalekites live in the Negev, and the Hittites, Jebusites, and Amorites live in the hill country. The Canaanites live along the coast of the Mediterranean Sea and along the Jordan Valley.”*

*But Caleb tried to quiet the people as they stood before Moses. “Let’s go at once to take the land,” he said. **“We can certainly conquer it!”***

**[Numbers 13:27-32]**

*But the other men who had explored the land with him disagreed. **“We cannot go up against them! They are stronger than we are!”**<sup>32</sup> So they spread this bad report about the land among the Israelites: “The land we traveled through and explored will devour anyone who goes to live there.*

**[Numbers 13:33]**

*“we were like grasshoppers in our own sight, and so we were in theirs also.”*

**[Numbers 14:6-9]**

*Two of the men who had explored the land, Joshua son of Nun and Caleb said to all the people of Israel, “The land we traveled through and explored is a wonderful land!<sup>8</sup> And if the LORD is pleased with us, he will bring us safely into that land and give it to us. It is a rich land flowing with milk and honey.<sup>9</sup> Do not rebel against the LORD, and don’t be afraid of the people of the land. **They are only helpless prey to us! They have no protection, but the LORD is with us! Don’t be afraid of them!”***

**[Numbers 14:24]**

*But because my servant Caleb has a different spirit (attitude and mindset) and follows me wholeheartedly, I will bring him into the land he went to, and his descendants will inherit it.*

**[Joshua 14:12]**

*"I will drive them out of the land, just as the LORD said."*

**1. A mindset continually shaped by the promises and Word of God**

*Keep this Book of the Law always on your lips; meditate on it day and night...*

**—Joshua 1:8—**

**2. A continual awareness of and need for God's presence**

*"The Lord is with us. Do not fear them."*

**—Numbers 14:9—**

**3. A Whole-hearted commitment**

*"But because my servant Caleb has a different attitude and mindset and follows me wholeheartedly, I will bring him into the land..."*

**—Numbers 14:24—**

**DISCUSSION QUESTIONS**

1. Have you ever skipped a process in hopes of getting something fixed quickly? How did that work for you?
2. Why is it so difficult to ignore the lies and negative thoughts that fill our minds? How can we practically take captive every thought to change our minds and fix it on the things of God?
3. Are the people you spend the most time with giving you a good report? Or are they filling you with fear and doubt?

What can we do to encourage ourselves when we hear the evil report?

4. What lies of the enemy do you struggle with?
5. Someone Google "Who does God say I am?" And read the list out loud with some passion. **GET LOUD ABOUT IT!**