**LIFEGROUP STUDY**

**How To Train Your Brain – Part 2**

**20211024**

**PARTICIPANT NOTES**

**OVERVIEW**

Welcome to our Creekside LifeGroup study series, “How to Train Your Brain”! All of us wrestle with bad thoughts and destructive thinking. This dark thinking is shaping us in many harmful ways. We long for freedom from their grip on our lives. God longs for us to experience that too. A key way for that to happen is for us to confess our struggles and replace our bad thinking with godly thinking. Philippians 4:8-9 reads, "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. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you." When we think the way God wants us to think and put into practice God’s plan for us in the Bible, we will experience His peace. The goal of today’s study is that we would identify destructive thinking and replace it with godly thinking and godly virtues. This is the pathway to train our brain and experience freedom!

**ICEBREAKER** That Was Some Good Training!

What training have you done that you look back on and say – “Wow, that was really good!” Maybe you trained yourself to play guitar. Or maybe you experienced a really great training day at work. What was it about that training that impacted you? Share your story with the group!

**STUDY**

* READ: Have someone in your group read Philippians 4:8-9

"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. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you."

1. On Sunday, Ken said that the THINKING we need to have and the ACTIONS we need to take can be followed by the EXPERIENCE of God’s peace. **What do you think of this idea?**
2. If you were speaking with a follower of Jesus struggling with a lack of peace, **how might you use Philippians 4:8-9 to encourage them?**

READ: 2 Corinthians 10:4-5 NIV

**4The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5We 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.**

1. On Sunday, Ken taught us about how to train our brain. 2 Corinthians 10:4-5 uses the language of being in a war to describe this process. We are in a battle for victory in our mind. **What battle words does Paul use in these verses?**
2. **What does it mean that we have “divine power to demolish strongholds”?**
3. What does it look like practically to “demolish arguments and every pretension that sets itself up against the knowledge of God …”? **What examples can you give of how we might do this?**
4. Think about this idea that “we take captive every thought and make it obedient to Christ.” **What practices or habits might help you in this area?**

READ: Ephesians 6:12 NLT

**12For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual *hosts* of wickedness in the heavenly *places.***

1. This verse can be a reminder to us that other people are not the real enemy. We need more than human resources to fight this battle. **How does this speak the battles you are fighting?**
2. **What strategies might Satan be using** to try to defeat you in the battle in your mind?
3. READ: Ephesians 6:13-18. What strategies can you use to fight and see victory?
4. **What is a key takeaway for you** of how to train your brain, to replace destructive thinking with godly thinking?

**EXPERIENCING GOD**

My Daily Declaration:

Here’s a practical way to train your brain this week. “My Daily Declaration’ is words of truth you can speak each day, words that take captive and demolish destructive thinking or a lie you are believing.

In your group, have everyone grab a recipe card and write three things.

1. The lie:
2. The truth:
3. My declaration:

Beside # 1, write the lie you’ve believed or destructive thinking you’ve wrestled with that God has shown you through this study. For example, #1 might be – “I don’t have what it takes.” Beside #2 write a truth from the Bible that speaks to the lie. For example - # 2 could be – “I can do all things through Christ who strengthens me.” (Philippians 4:13). “My declaration” is a daily declaration you will say out loud to demolish the stronghold and fill your mind with God’s truth. For example, #3 could be – “God, today I choose to fix my thoughts on You. Fill my mind with your truth. Fill my heart with your peace. Today I choose You!”

Challenge everyone in group to read this card each day this week. This will help you train your brain with godly thoughts. Boldly speak your declaration out loud this week and watch God train your brain!

**PRAYER**

This week, let’s pray for our missions area at Creekside. Pray for our partner church in Kitigoma Uganda as they have been able to reopen after another lengthy lockdown.

* Pray for the outreaches they are planning to run for Kids, Youth and the Elderly next month. We will be funding them to provide special evangelistic events to connect with everyone who has struggled through the pandemic.
* Pray blessing upon Pastor Robert and his wife Justine, and for our Administrator Shadrach and his wife Elizabeth, as they just welcomed their 4th daughter into the family!

**HALLOWEEN HYGIENE DRIVE FOR RAY OF HOPE!**

<https://www.creeksidechurch.ca/fall-drive/>

Hey LifeGroups – here’s an exciting opportunity for your LifeGroup to get involved in a great cause this fall! Our LifeGroups have been challenged to a collection contest by Jon Hill’s LifeGroup to see how much we can gather this fall for our local missions partner, Ray of Hope! (Read more here about Ray of Hope’s Community Centre <https://www.rayofhope.net/need-help/community-support/>)

Here’s the challenge. Between now and October 31st, your LifeGroup will gather the following items for the MarketPlace “store” at Ray of Hope.

Have someone in your group keep a record of the items your collect, then bring the items to Creekside on a Sunday (Oct. 24 or 31) or drop off during weekday office hours.

Involve and Invite! Invite your friends, neighbours and co-workers to get involved with this challenge by telling them about the project. Invite them to participate and make a positive difference in the lives of people in need in our downtown core.

ITEMS LIST

**1.**   regular sized deodorant

2.     formula

3.     shaving cream

4.     razors (men and women’s)

5.     diapers (size 3 and up)

6.     toothbrushes

7.     toothpaste

8.     shampoo and conditioner

9.     toilet paper

10. towels

11. soap

12. Q-tips

13. Lotion