The Me I Want to Be:
becoming God's best version of you

Week Three: Renewing the Mind – 2 Corinthians 10:1-5; Philippians 4:8-9

The battle for our true identity begins in the mind – what we think about, we are. So God invites us to experience the power of transformation by controlling the one thing we are able to control – our thoughts.

1. Think back over your thought life from the past several days. What was the pattern of your thoughts in general (positive, discouraging, worried, . . .)? Did you find yourself consciously aware of the kinds of thoughts you entertained? Philippians 4:8

2. Read Romans 8:5-8, Colossians 3:1-2 and Romans 12:2a – What is the common theme in these verses? How would you define "set your mind"? How do you determine what to set your mind on?

3. Read 2 Corinthians 10:1-5. What are some practical ways we can make it a common practice to "take every thought captive" for Christ?

4. Another way to allow God to redeem our thinking is actually to practice "letting go" of thoughts. A way of doing this is silent prayer, using a centering prayer word, like peace, or Jesus, or joy. Just gently repeat that word as you place yourself in God's presence. In that time the goal is *not* to have no thoughts, but rather to simply let them go and not dwell on them, like allowing a boat to pass by on a peaceful river.
   - Discuss: have you had any experience with centering or silent prayer? If so, what was it like? How was that (or if you haven't tried it yet; how *might* this practice be) helpful for you?