



SPIRIT | SOUL | MIND | BODY

The Flourishing Mind

FLOURISH, Part 3

Sermon Small Group Questions

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flour·ish [flur-ish -]

To thrive; to be successful; prosper; To be in one's prime; To exceed and have in abundance :

Your life follows your thoughts.

“As a plant springs from the seed, so every act of a man springs from the hidden seeds of thought.”

– James Allen

[Romans 12.1-2, NLT]

¹ And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.

*² Don't copy the behavior and customs of this world, but let God transform you into a new person by **changing the way you think**. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

[Romans 12.2a, NIV]

Do not conform to the pattern of this world, ***but be transformed*** by the renewing of your mind.

If you are willing to transform your mind you can change your feelings. If you change your feelings, you can change your actions and changing your actions – based on good thinking – can change your life!

Mind Traps We Fall Into:

1. **Believing a lie** = Saul thought that God would not help him

[1 Samuel 13.11-12]

¹¹ *“What have you done?” asked Samuel.*

Saul replied, “When I saw that the men were scattering, and that you did not come at the set time, and that the Philistines were assembling

¹² ***I thought***, ‘Now the Philistines will come down against me at Gilgal, and I have not sought the LORD’s favor.’ ***So I felt compelled....***

2. **Delusional thinking.**

Bad decisions are a result on meditating on the wrong things.

3. **Allowing toxic emotions to control our thought life**

Be careful not to make decisions based on fabricated facts.

Steps to a Flourishing Mind:

1. **Guard the Gates.**

(your eye gates and ear gates)

[Proverbs 4.23, NIV]

*Above all else, **guard your heart** (mind, will & emotions), for everything you do flows from it.*

[Psalm 101.3, NLT]

*I will refuse to look at
anything vile and vulgar.*

2. Continually refuel your mind with life-giving content.

[Psalm 1.2-3]

² *But they delight in the law of the LORD,
meditating on it day and night.*
³ *They are like trees planted along the riverbank,
bearing fruit each season.
Their leaves never wither,
and **they prosper in all they do.***

[Colossians 3.16, NLV]

Let the teaching of Christ and His words keep on living in you. These make your lives rich and full of wisdom. Keep on teaching and helping each other.

3. Set an atmosphere.

(in your home, car and if possible work environment that is conducive to right thinking)

[Psalm 73.16-17]

*But when I considered how to understand this, it was too great an effort for me and too painful until I went into the sanctuary of God; **then I understood.***

4. Choose what you are going to think about.

[Colossians 3.1-2]

¹ *If then you were raised with Christ, **seek those things** which are above, where Christ is, sitting at the right hand of God.*

² **Set your mind** on things above, not on things on the earth.

The brain does not work in a vacuum.

[Philippians 4.6-8]

*⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your **hearts and minds** as you live in Christ Jesus.*

*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.*

5. Identify and be aggressive about removing mental and verbal toxins from your life.

[2 Corinthians 10:4-5]

*For the weapons we fight with are not of this world but mighty in God for pulling down strongholds, ⁵ casting down **arguments** and every pretension that sets itself against the knowledge of God, bringing **every thought** into captivity to the obedience of Christ.*

If I will be committed to transforming my mind, God will be committed to transforming, my life!

DISCUSSION QUESTIONS

- 1. When was a "what was I thinking" moment for you? (when you said something that you did not mean to or did not think through)**
- 2. If you had to fast forward to your funeral, what would you hope would be spoken about you? In other words, what would your legacy be?**
- 3. How do little decisions today build a path to longterm destiny? How is this really rooted in a battle in the mind?**
- 4. What are some lies that we believe that cause us to rush in decision-making based on our feelings?**
- 5. What are the mind traps that you deal with?**
- 6. What kind of "sermons" do you need to preach to yourself? (declaring the Word of God over your life and those in it)**
- 7. Which of the five steps to a flourishing mind resonate the most with you, and what does that look like specifically for you?**