

Activate Group Resource for 6 May 2018 (Mind Matters – Richard Black)

Big Idea:

Richard wants to help people live life in all of its fulness, when life is not easy or abundant.

Key Scriptures:

John 10:10 (NIV)

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

John 8:32 (NIV)

Then you will know the truth, and the truth will set you free.

Romans 12:2 (NIV)

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

2 Corinthians 10:5 (NIV)

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. ⁶ And we will be ready to punish every act of disobedience, once your obedience is complete.

Richard talks about how do we have discipleship that brings change, that actually transforms us? Other people don't make us feel a certain way, we make that decision for ourselves. The people that we struggle with is a reflection of what is happening within me. If you are an addict in the world of addicts how do you know that you have a problem? We still get hurt by what other people are doing or saying. Do we know how to handle conflict well? True transformation comes when you know the truth and the truth will set us free.

Discussion Questions:

- 1) The speed at which you take offense is a key to how unhealthy you are?
- 2) Why do I get stuck in being transformed to be the person God wants me to be?
- 3) God transforms us by the renewing of our mind not the removal of our mind what is the difference?

Application:

Richard talked about our lives being like an apartment block with our behaviour at the top, feelings on the next level down, beneath feelings is our self talk, underneath our self talk are our deep beliefs. What are some of your deep beliefs that drive and shape what you do. eg. "I am only as good as what I can achieve."