



Training Your Mind

Presenter: Jim Hammond

Talk It Over

Mastermind

Week 2:

"Training Your Mind"

SMALL TALK

1. What do you think of when you hear the word "meditation"?
2. In hindsight, what's one of the most irrational decisions you've made lately that you're willing to share?

VIEWPOINT

3. **READ Romans 8:5-8 and Colossians 3:2.** What does it mean for someone to "have their *minds set* on" something? What affect does this have?
4. **READ Psalm 119:15-16.** What is "meditation" according to the Bible and how is this different from what many people call "meditation". What do you think most distracts you from keeping your thoughts focused on God's truth?
5. **READ Philippians 4:8.** How does someone go about using this verse as a filter for the mind? Explain and give examples.
6. **READ Joshua 1:8 and Psalm 19:14.** Making your faith thoughts *audible* is part of the training practice built into the Hebrew word for "meditation". Which phrases in these verses bear this out?

GETTING PERSONAL

7. Review the process Pastor Jim described for rewiring the brain and body.
8. Talk about the handout "Positive Affirmations list" / "Identity in Christ" list. Which affirmations do you want to incorporate into your training practice?

MAKING PROGRESS

9. One of our core statements is: "Everyone has a next step." What is your next step in taking captive your thoughts? Which thought? Which truth do you use to change your thinking?

I. _____ about what you _____ about

A. Use God's _____

B. _____ the right stuff

C. _____ the wrong stuff

II. _____ your brain and body

A. _____ the wrong thought – confess the lie

B. _____ it to make it the right thought –
affirm the truth

C. _____ your faith affirmations

D. _____ new behavior projects

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