

INSTRUCTIONS

EBOOK CONVERSATION CARDS ONLY

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1. Every week go over the Ground Rules.
2. Text, email, or read aloud the Scripture card for that week. Refer back to it as needed for help processing as you share.
3. Scroll through the questions for the week. Text, email, or read aloud each question in turn. Allow time for anyone who wants to share or respond to each question.
4. You may only get through a few of the questions. That is fine.

GROUND RULES

- Be concise.
- Keep sharing confidential.
- Rely on Scripture for truth.
- No counseling.

SESSION 1 • INTRODUCTION

SPIRALING OUT



SESSION 1

"Take captive every thought to make it obedient to Christ."

—2 Corinthians 10:5

SESSION 1

"So you are no longer a slave, but a son, and if a son, then an heir through God."

—Galatians 4:7

SESSION 1

What do you
find yourself
thinking
about the
most?

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Do you ever
feel like God
has wronged
you? Describe.

SESSION 1

What could shift
in your life if your
thoughts weren't
chaotic?

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What keeps you
from believing
you can control
your thought life?

SESSION 1

How are you
and Jesus
right now?

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What are you
hopeful for
as we begin
this study?

SESSION 1

Describe a time
your mind was at
peace and trusting
God.

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How can we
make our group a
supportive and safe
place to share?

SESSION 1

From Jennie's
teaching, what was
most convicting?

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Do you have any
experiences with
"self-help"? How
did that go? How
do you expect this
to be different?

SESSION 1

What are the possible
consequences of
never learning to take
our thoughts captive?

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Do you believe you
have power over your
thoughts? Explain.

SESSION 1

If you're comfortable,
share a recent "spiral"
you went into, when
you felt like your
thoughts were out of
control.

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Do some thoughts
tend to paralyze you?
What are they?

SESSION 1

How can we
commit to
praying for and
fighting for each
other during
this process?

SESSION 2

MAKE THE SHIFT



SESSION 2

"You shall love the
Lord your God with all
your heart and with
all your soul and with
all your mind and with
all your strength."

—Mark 12:30

SESSION 2

"Let this mind be in you
which was also in Christ
Jesus, who, being in the
form of God, did not
consider it robbery to be
equal with God, but made
Himself of no reputation,
taking the form of a
bondservant, *and* coming
in the likeness of men."

—Philippians 2:5–7

SESSION 2

Looking back at
Romans 8:5–6, what
concerns you about
the things you think
about?

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How did Paul's
perspective shift your
perspective this week?

SESSION 2

What is keeping
Jesus from
being the thing
you live for?

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What do you get
out of living for
the thing you
are living for?

SESSION 2

What could
happen if Jesus
replaced the main
goal of your life?

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Tell us about
someone you know
who has made
Jesus the single
goal of their life.

SESSION 2

What is the thing
you are living
for rooted in? A
fear, insecurity,
concern? What
do you think you
are entitled to?

SESSION 2

How was your
experience with
the STUDY
portion this
week? What did
you notice about
Observation,
Interpretation,
and Application?

SESSION 2

What is one
thing you hope
changes in your
life because of
this experience
this week? What
has that thing
cost you?

SESSION 2

How would your
spirals look different
if Jesus was at the
center?

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What did you find
to be the difference
between a mind set on
the flesh and a mind
set on the Spirit?

SESSION 2

How do you react to the possibility of your difficult circumstances being used to advance the gospel?

SESSION 2

What has been your experience with Scripture memory? Are you willing to try it as a way to change the wiring of your mind?

SESSION 2

If “what we fixate on is going to turn into who we are and who we become,” how would you want your fixations to change?

SESSION 2

As a group, as teammates, what can we offer each other this week by way of support?

SESSION 3

WEAPONS WE USE



PART 1

SESSION 3

“O God, you know my folly; the wrongs I have done are not hidden from you.”

—Psalm 69:5

SESSION 3

“Those who live according to the flesh set their minds on the things of the flesh and those that live according to the spirit set their minds on the things of the spirit.”

—Romans 8:5

SESSION 3

Where do your feelings of entitlement come from?

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Describe someone you know personally who has lived out humility.

SESSION 3

What happens if you lose what you are entitled to?

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How has humility been seen as a weakness?

SESSION 3

Which of the “enemies of our minds” in our generation is most relevant to you?

SESSION 3

How have we bought into the world’s messages of empowerment? How are they different from God’s message of empowerment?

SESSION 3

What are you afraid of losing if you surrender your rights? Is it difficult when others don’t notice things you have done for them? Why?

SESSION 3

When's the last
time you truly
delighted in
God's creation?
What was it like?

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What are you
most cynical
about?

SESSION 3

What are the
downsides of
self-importance and
individualism?

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What are the loudest
voices of distraction
in your life? What
would happen if
they were paused?

SESSION 3

If "all hell is
against you
meeting with
Jesus," what is
the thing that
keeps you away
from stillness
with Jesus most?

SESSION 3

Which of this
week's spirals is
most familiar to
you? Why?

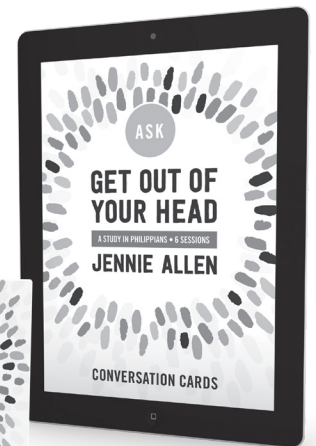
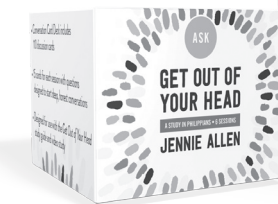
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Which weapon
this week
are you most
excited about?

SESSION 3

What does it say
about God that
these are the
weapons He gave
us to fight with?

**Taken from
*Get Out Of
Your Head*
conversation
cards.**



Conversation Cards
9780310116417

Also available
as an ebook

Available wherever books are sold.