INSTRUCTIONS

EBOOK CONVERSATION CARDS ONLY

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

“Take captive every thought to make it obedient to Christ.”
—2 Corinthians 10:5

“So you are no longer a slave, but a son, and if a son, then an heir through God.”
—Galatians 4:7
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<tbody>
<tr>
<td>What do you find yourself thinking about the most?</td>
<td>What could shift in your life if your thoughts weren’t chaotic?</td>
<td>How are you and Jesus right now?</td>
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<td>· · · · · · · ·</td>
<td>What keeps you from believing you can control your thought life?</td>
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<td>Do you ever feel like God has wronged you? Describe.</td>
<td>Description: What are you hopeful for as we begin this study?</td>
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<td>· · · · · · · ·</td>
<td>Description: Describe a time your mind was at peace and trusting God.</td>
<td>Description: How can we make our group a supportive and safe place to share?</td>
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<td>Description: How can we make our group a supportive and safe place to share?</td>
<td>Description: Do you have any experiences with “self-help”? How did that go? How do you expect this to be different?</td>
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<td>· · · · · · · ·</td>
<td>Description: Do you believe you have power over your thoughts? Explain.</td>
<td>Description: What are the possible consequences of never learning to take our thoughts captive?</td>
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If you’re comfortable, share a recent “spiral” you went into, when you felt like your thoughts were out of control.

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

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

“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

“Of course, we had a lot to talk about, given all the current events and our lives changing so much. Make sure you're thinking about the things you think about.

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

How did Paul’s perspective shift your perspective this week?
What could happen if Jesus replaced the main goal of your life?

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

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

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

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

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

What did you find to be the difference between a mind set on the flesh and a mind set on the Spirit?
How do you react to the possibility of your difficult circumstances being used to advance the gospel?

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

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?

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

“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

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<tr>
<td>Where do your feelings of entitlement come from?</td>
<td>What happens if you lose what you are entitled to?</td>
<td>How has humility been seen as a weakness?</td>
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<td>Describe someone you know personally who has lived out humility.</td>
<td>How has humility been seen as a weakness?</td>
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<td>Which of the “enemies of our minds” in our generation is most relevant to you?</td>
<td>How have we bought into the world’s messages of empowerment? How are they different from God’s message of empowerment?</td>
<td>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?</td>
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What are the downsides of self-importance and individualism?

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

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

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

Which weapon this week are you most excited about?

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.