

THE FIGHT

WEEK 3

Look Back: What results did you see from saying out loud “I don’t do that anymore. That’s not who I am, I am a new creation made to be like Jesus” when temptation strikes?

Look Up:

Read [Romans 12:2](#)

1. How real is the “fight” to conform with the patterns and/or expectations of the world in your life? What things make this fight difficult for you personally?
2. What does it mean for someone or something to “be transformed”? What significance does this specific phrase have for people who want to follow Jesus Christ?
3. How easy is it for you to understand and accept that true transformation starts with changing the way we think? What specifically helps you accept this truth?

Read [2 Corinthians 10:5](#)

4. This verse is a summary of Paul’s strategy for fighting the battle of our thoughts in our mind. What things help you personally apply this approach in your daily life? What challenges do you face in efforts to make every thought obedient to Christ?

Read [Philippians 4:8-9](#)

5. What do these verses say followers of Jesus should do their thoughts after they have taken them “captive”? What can a person do to stay focused on things that are true, helpful, hopeful and holy? What should they avoid?
6. What important instructions does Paul add in verse 9? Why is it important to remember and apply this when we seek meaningful and lasting transformation in our lives?

Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

Look Ahead:

What toxic thought or lie have I been believing that God is inviting me to confront and replace with His truth? What specific truths from God’s Word can I meditate on this week to reshape how I think and respond?

Notes

There’s a fight going on inside our minds—and both Scripture and science show us how to fight and win. Our thoughts shape everything - our choices, our lifestyle and our relationships. So if we know we can rewire our brain for destruction, doesn’t it make sense that we can also rewire it for good. We have the power to change our brain, and God’s Holy Spirit is always available and able to assist. Our role is to take every thought captive and turn it over to Christ.

- *Identify the lie*
- *Replace it with truth*
- *Repeat it until it becomes your pathway*
- *Be consistent.*

