

WINNING THE WAR IN YOUR MIND

GROUP GUIDE

4 WEEKS OR 12 WEEKS

1

Scriptures to consider

These are scriptures used throughout the book, sermon, and podcast.

Some may be used in the questions and many will not. The small group leader can incorporate additional Scriptures as they see fit.

Start Talking

These questions are designed to get people talking when you first arrive. They indirectly relate to the topic or something discussed in the sermon, book, or podcast.

These questions can be used or not used depending on group dynamics. These are not meant to take more than 10 minutes.

If meeting once to discuss all the whole section (4 weeks total), choose just 1-2 to discuss. If you are meeting weekly to discuss each chapter (12 weeks total), choose 1-2 to discuss each week.

2

Start Thinking

These questions are designed to get people thinking about the ideas covered in the book, sermon, or podcast. The goal is to begin to move toward what we think about what we've been learning and make connections from there to Scripture and our lives.

These questions are more personal in nature but approach it from a more aerial/big-picture view.

If meeting once to discuss all the whole section (4 weeks total), choose 3 questions to discuss. If you are meeting weekly to discuss each chapter (12 weeks total), use the 3 questions suggested for the week.

GROUP GUIDE

4 WEEKS OR 12 WEEKS

3

Start Sharing

These questions are designed to get people to start sharing how the ideas covered in the sermon, book, or podcast are applicable in their life. They are designed to move Scripture from our hearts and minds to practical ways to live out the truth in daily life.

They are more personal in nature with the hopes of creating more honesty, transparency, vulnerability, accountability, encouragement and support for the lives we lead as we try to follow Christ.

If meeting once to discuss all the whole section (4 weeks total), choose just 2-3 to discuss. If you are meeting weekly to discuss each chapter (12 weeks total), use the 2 questions suggested to discuss each week.

“
**Don't forget to
pray together.**
”

4

Application Challenge

This is designed to be a specific task or activity that a person can do alone or with someone else to apply what they have learned.

Remember the questions are meant to be a guide.

You don't have to do them all, or any of them. Use what works.

Don't be afraid to stay on one question and don't be afraid to throw away a dud.

WINNING THE WAR IN YOUR MIND

GROUP GUIDE

4 WEEKS OR 12 WEEKS

Part 1

Introduction & Chapters 1-3

1 Week or 3 Weeks



1

Start Talking

To get your group talking to one another

- What's a song that constantly gets stuck in your head?
- What was the best compliment you received?
- What was the meanest thing someone said to you?
- What was the best or worst advice you've ever received?
- Describe a time you've gotten stuck (in traffic, in a room, on a problem)?
- What's a rule you thought was true but found out later wasn't (like not swimming immediately after eating)?

If meeting once, choose 1-2 to discuss.

If meeting weekly, choose 1-2 each week to discuss.

Scriptures to consider (some are included as suggestions in the questions below; others are not but can still be used):

- Proverbs 23:7
- Psalms 139:13-16
- John 10:10
- Romans 7:15-24
- Romans 12:2
- 2 Corinthians 10:3-5
- Ephesians 6:12
- Philippians 4:8-9 & 12-13
- 1 Thessalonians 2:18
- 2 Timothy 1:7
- Hebrews 4:12
- 1 Peter 5:8
- 2 Peter 1:3

2

Start Thinking

To get your group thinking about the topic

- “Our lives are always moving in the direction of our strongest thoughts.” Do you agree with that statement? Why or why not? (Week 1)
- Think about a time you struggled with anxiety or toxic thoughts. What did you learn through that experience (positive or negative)? What made the struggle harder or easier? (Week 1)
- How would you describe your thought life? Where do you think your life is headed, based on your thoughts? Is there anything you would like to change about your thoughts (use questions in the Part 2 Audit on pages 22-26 for possible additional discussion questions)? (Week 1)
- Read Romans 7:15-24. Can you relate to Paul? (Week 2)
- Read the description of a stronghold under Destroying the Stronghold on pages 32-33. How do lies act as strongholds? How do they grow, change or adapt over time? (Week 2)
- “You cannot defeat what you cannot define.” Why is it so important to identify the lie and its negative impact on you and others? Do you find it hard to identify the lie or see its negative impact? (Week 2)
- Read Genesis 3:1-7. What lie did Satan tell Eve and Adam? What doubts did he create in their hearts toward God? (Week 3)
- How do the lies we tell ourselves create doubts in our hearts toward God or create obstacles God did not intend for us? (Week 3)
- How would “investigating” the lies we’ve believed, told ourselves, or listened to from others help us discover the truth (see section Turning the Tables in pages 46-50)? (Week 3)

*If meeting once, choose 3 questions to discuss.
If meeting weekly, use the 3 questions suggested.*

“
**You cannot change
what you do not
confront.**”

“
**If Satan's primary
weapon is lies,
then our greatest
counterweapon is
the truth of God's
word.**”

Start Sharing

To get your group to be open

- We all have cognitive biases - distorted filters our brain creates based on previous experiences. What might be some cognitive biases you have? How can you confront and correct that bias? (Week 1)
- What stronghold is holding you back? What negative statement do you say about yourself, and how does it affect you? (Week 1)
- What truth demolishes that stronghold? How can you replace that negative statement with truth from Scripture? (Week 2)
- Read Ephesians 1:19-20. How does Paul describe the power available to us? Do you feel like you have this power? Do you find it hard to access this power from God? What does it mean to you that you have this power available to you? (Week 2)
- How has a lie you've told yourself or believed diverted you from God's purpose for you, distracted you from God's voice, or created obstacles in your spiritual growth (that includes mental and emotional growth as well)? (Week 3)
- When you start the process of declaring truth - replacing the lie - it can feel like you are lying to yourself. Why is that? How would consistency and repetition help in this area? (Week 3)

*If meeting once, choose 3 questions to discuss.
If meeting weekly, use the 2 questions suggested.*

Application Challenge: Living out Truth

Create a truth statement to combat lies that you have been believing. Share it at some point with one person from your small group or the small group as a whole at some point over the course of your time together studying this book.

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GROUP GUIDE

4 WEEKS OR 12 WEEKS

Part 2

Chapters 4-6

1 Week or 3 Weeks



1

Start Talking

To get your group talking to one another

- What is your favorite sports, martial arts, or action movie? Why?
- How did you learn to drive? What was that experience like?
- Have you ever gotten your car stuck (mud, snow, ditch, etc.)? Tell us what happened.
- Did you learn any memory verses or Bible songs as a kid? Can you say or sing them today? Will you?
- Do you make new years' resolutions? How well do you do keeping them?
- What is a skill that you wish you had but don't?

If meeting once, choose 1-2 to discuss.

If meeting weekly, choose 1-2 each week to discuss.

Scriptures to consider (some are included as suggestions in the questions below; others are not but can still be used):

- Psalms 143:5
- Psalm 119:15
- Romans 8:5-6
- Romans 12:2
- Philippians 4:8-9
- Philippians 12-13
- Hebrews 4:12,

2

Start Thinking

To get your group thinking about the topic

- Why do you think we make so many irrational and self-defeating decisions? (Week 1)
- Do you ever find yourself acting irrationally based on a lie you believe about yourself? If so, how? (Week 1)
- Read the last paragraph on page 67. What do you think about the idea that “every thought you have produces a neurochemical change in your mind” and then a repeated thought “makes a thought easier to think and makes it easier for your body to send that same message again”? (Week 1)
- Have you meditated on God’s truth before? What was that experience like? (Week 2)
- How does God’s word and truth build a trench and help us create new neural pathways? Have you ever thought of using Scripture in this way? (Week 2)
- Read Psalm 1:2. What do you think about the idea that the word used for “meditate” also means to “ruminate” and is most like a cow chewing on its cud? How does that picture change or shape for you what it means to meditate on God’s word? (Week 3)
- How is meditation on God’s word, on what Paul directs us to in Philippians 4:8-9, differ from secular meditation? Is it different? Does that matter? (Week 3)
- Why is it necessary and important to repeat truth again and again to ourselves? (Week 3)

*If meeting once, choose 3 questions to discuss.
If meeting weekly, use the 3 questions suggested.*

“
**Our spiritual
enemy has been
whispering the
same lies to us
repeatedly our
entire lives.**

“
**To stop the lies and
replace them with
truth, we need to
look to God's word.**

Start Sharing

To get your group to be open

- Ruts are defined as lies or unhealthy patterns of thinking that have been repeated over and over. Can you identify any ruts in your life? (Week 1)
- The lies we believe about ourselves are often rooted in childhood experiences. Have you experienced this in your own life? How has it affected you? (Week 1)
- What is the dominant rut in your life and how does it hold you back?
(Week 2)
- What are some truths from God's Word that you can write, meditate on, and confess to combat it? (Week 2)
- Read Hebrews 4:12. Would you say you treat Scripture like it's living and active or just like words on a page? What makes you say that? (Week 3)
- How comfortable do you feel with the idea of being this vulnerable with yourself and someone else about your ruts and need for trenches? (Week 3)

*If meeting once, choose 3 questions to discuss.
If meeting weekly, use the 2 questions suggested.*

Application Challenge: Living out Truth

Spend time creating some daily declarations based on Scripture.
Challenge one another to share them with the group and
commit to saying or meditating on them daily

WINNING THE WAR IN YOUR MIND

GROUP GUIDE

4 WEEKS OR 12 WEEKS

Part 3

Chapters 7-9

1 Week or 3 Weeks



1

Start Talking

To get your group talking to one another

- Do you use filters on your photos on social media? If so, which one is your favorite? If not, why not?
- Do you wear or need glasses or contact lenses? How long? When did you first realize you needed them?
- What is something you were told as a kid that you wish were true but isn't?
- What is something you believed was true as a kid and were shocked when you found out it wasn't?
- Do you have a hero? A favorite person from history that you would want to meet?
- Have you ever eaten a food that you expected to be good or gross and it turned out the opposite? What was it?

If meeting once, choose 1-2 to discuss.

If meeting weekly, choose 1-2 each week to discuss.

Scriptures to consider (some are included as suggestions in the questions below; others are not but can still be used):

- Proverbs 3:5-6
- Psalm 139
- Romans 8:26-30
- 2 Corinthians 10:3-5
- Philippians 1:12-14
- Isaiah 55:8-9

2

Start Thinking

To get your group thinking about the topic

- Would you describe yourself as more Chicken Little or Pollyanna? Glass half-full or glass-half-empty? (Week 1)
- What do you think about the idea that a “lie believed as a truth will affect your life as if it were true”? Have you ever experienced this? (Week 1)
- “Studies show that cognitive bias can impact a person’s view of God.” Have you found this to be true? (Week 1)
- Why do you think we struggle so much when we find ourselves not in control or feel powerless? (Week 2)
- Has there ever been a time God didn’t answer your prayer and looking back you are thankful He didn’t? (Week 2)
- Read Isaiah 55:8-9. Does this verse bring comfort, frustration, or both? (Week 2)
- What do you think about the idea of “collateral goodness”? (Week 3)
- How does looking for God in our circumstances, situations, past change how we view those things and how we see ourselves? (Week 3)
- How does living as a “hummingbird” rather than a “vulture” shape our future, affect the decisions we make tomorrow (see page 141 under Preframe Your Future)? (Week 3)

*If meeting once, choose 3 questions to discuss.
If meeting weekly, use the 3 questions suggested.*

“We need to go back and rewrite the narrative we have been telling ourselves.”

“We find what we are looking for and we reframe by looking for God's goodness.”

Start Sharing

To get your group to be open

- What are your cognitive biases? (Week 1)
- In the steps listed on page 121 to help us recognize and overcome cognitive biases and reframe our experiences, which one do you get stuck on or trips you up? (Week 1)
- Share about a time when you saw Jesus bring meaning and purpose to your pain. (Week 2)
- (Week 2)
- Has there been a circumstance or relationship that God allowed you to begin to see from a different perspective, changed your attitude from negative to positive, from harmful to healthy? (Week 3)
- Everyone has a personal struggle they're facing. What's yours? How can you look for God in it? What are some ways you could start reframing your circumstances? (Week 3)
-

*If meeting once, choose 3 questions to discuss.
If meeting weekly, use the 2 questions suggested.*

Application Challenge: Living out Truth

Complete exercise 9 on pages 146-147 this week. Share with someone in your group and ask them to do the same. Then commit to praying for one another for the rest of the year.

WINNING THE WAR IN YOUR MIND

GROUP GUIDE

4 WEEKS OR 12 WEEKS

Part 4

Chapters 10-12 & Conclusion

1 Week or 3 Weeks



1

Start Talking

To get your group talking to one another

- What's the best magic trick you've ever seen?
- What's the coolest thing you've ever seen or experienced?
- Did you have any worries as a kid that seem silly now? If so, what were they?
- What's the scariest thing you've ever seen or experienced?
- What's your favorite way to relax and unwind?
- When do you feel closest to God?

If meeting once, choose 1-2 to discuss.

If meeting weekly, choose 1-2 each week to discuss.

Scriptures to consider (some are included as suggestions in the questions below; others are not but can still be used):

- 1 Kings 18-19,
- Psalm 42, 103
- Psalm 106:1
- Psalm 145:17-19
- Psalm 146
- Acts 16
- Romans 8:5-6
- Philippians 1:18-21
- Philippians 4:6-9

2

Start Thinking

To get your group thinking about the topic

- Have you ever experienced or seen someone experience a panic attack? What was that like? (Week 1)
- How often would you say you experience worry? What do you do when you're feeling worried? (Week 1)
- Review the This is Your Brain on Prayer section on pages 173-175. Did you know that prayer changes your brain? What do you think about that idea? Does that change how you see prayer? (Week 1)
- Read Psalm 42. What is the psalmist experiencing? How does the psalmist's perspective change? (Week 2)
- Do you find it easy to praise God? To be grateful? To rejoice? (Week 2)
- What are actual ways that you praise God, express gratitude to him, and rejoice in Him? (Week 2)
- Share about a time when you decided to trust God instead of worrying. What prompted that decision? What kind of impact did it have on you? (Week 3)
- Share about a time when you felt like the Holy Spirit prompted you. What happened? How can you start paying more attention to those promptings? (Week 3)
- Of the 4 principles covered, which one did you enjoy the most or need the most: replacement, rewire, reframe, or rejoice? (Week 3)

*If meeting once, choose 3 questions to discuss.
If meeting weekly, use the 3 questions suggested.*

“
**If it's big enough to
worry about, than
it's big enough to
talk to God about.
He cares.**

”

“
**We get fixated on the
presence of our problems,
and we lose our focus on
the presence of God.**

”

Start Sharing

To get your group to be open

- We have a downstairs brain (our amygdala) and an upstairs brain (prefrontal cortex). Both are needed. Which do you tend to operate from? Does it change based on the circumstance or issue in front of you? Why do you think that is? (Week 1)
- Anxiety and fear are part of what it means to be human. They are natural and normal and can benefit humans. They can also cause great harm to ourselves and others. What does it look like for you when those feelings have moved from purposeful to problematic? (Week 1)
- Hebrews 4:16. Is it easy or hard for you to go to God boldly with your prayers and worries? Why do you think that is? (Week 2)
- In what situation or relationship in your life right now do you need to stop looking at and instead look through to see what God is doing? (Week 2)
- What's something you're worried about that you're having a hard time trusting God with? Why do you think it's so hard to trust Him with it? (Week 3)
- What is your biggest takeaway from this study that you needed to learn, hear, or be reminded of? (Week 3)

*If meeting once, choose 3 questions to discuss.
If meeting weekly, use the 2 questions suggested.*

Application Challenge: Living out Truth

This week, set aside 12 minutes for focused prayer each day. At the end of the week, reflect on how your thought life has been affected. OR Build a God Box.