

Message Study Guide

(Scriptures & quotes from this week's message are available on thorncreek.church/live)

Warming up

1. What does the word Truth mean to you?

Digging Deeper & Application

Take your time reading the scripture given. If possible look up the verses in different versions and pause at each verse and discuss it.

2. Jeff Metzger said, "The battle of your life is the battle between truth and lies." Do you know the difference between what is true and what is a lie? Are you sure?
3. In Genesis 32, we read about Jacob's reunion with his brother, Esau. It's been 20 years since they've seen each other. Last time they saw each other, Jacob tricked his brother, and stole the older son's birthright. Esau said he wanted to kill him. Now...after 20 years, they are about to see each other. As you read this story, think about Jacob's runaway thoughts. What was Jacob thinking? Identify these runaway thoughts as you read this passage. Please read Genesis 32:1-5. What are the runaway thoughts in this passage?
4. Please read Genesis 32:6-11. What was Jacob thinking? Please continue reading Genesis 32:17-21.
5. So, what happened in Genesis 33:1-2? What did Jacob do? What were his thoughts?
6. According to Genesis 33:3-4, what happened?
7. Rick Warren said, you need to learn to: Feed your mind. Free your mind. And Focus your mind. As we go through the next points, identify how it relates to feeding, freeing, or focusing your mind. How do you handle runaway thoughts?

8. Pastor Ruben said, "Your thoughts control your life. Every action in your life starts with a thought." Compare this with Matthew 22:37; Mark 7: 20-22; 2 Corinthians 4:4; and 2 Corinthians 10:3-5.

9. According to John 8:44, the devil is known as the father of what? Pastor Ruben said, "Don't let your mind be a garbage can for the enemy." What are some examples of lies we may believe that have determined how we live?

10. According to the following verses, how should we free our minds? Please read, Philippians 4:8; and Colossians 3:2-5.

11. According to the following verses, how should we focus our minds? Please read, Romans 12:2; Joshua 1:8; and Philippians 4:6-7.

Application

Below are some of the points shared in the message. Discuss how they apply to your life.

- FEED YOUR MIND THE RIGHT THOUGHTS
- What you allow into your mind will determine the kind of person you want to be.
- Don't let your mind be a garbage can for the enemy.
- What you meditate on will eventually become your desire.
- Only God can truly change a mind. God's more interested in changing your mind than your circumstances.
- Matthew 22:37 (NIV) 37 Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.'