

## **Food for Thought for the week of July 19/20, 2025**

Psalm 139:17-18, Proverbs 23:7, 4:23, Romans 12:2,

Psalm 42:5-6, Jonah 2:7

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This week's message reminded us that our strongest thoughts shape our lives—and that we can and must be intentional about what we think about. When you're lying awake at 3AM, what kinds of thoughts tend to surface? What do these thoughts reveal about the deeper narratives running in your mind?

1. Read 2 Corinthians 10:3-5. According to Paul, what kind of "warfare" is he describing? Where does it take place - and what weapons does he say we use?
2. Reflect on the difference between the physical battles and mental/spiritual ones. Why is this distinction important?
3. Paul says we are to "demolish arguments" and "take every thought captive to make it obedient to Christ." What does it practically look like to take a thought captive?

4. Can you think of a recent situation where a negative or destructive thought should've been caught and redirected? What was it?
5. One of the message's key truths was: "The change we want starts in our mind." How does 2 Corinthians 10:3-5 support that idea?
6. What change in your life are you praying for—and what thought patterns might be holding you back from that change?
7. Pastor Dan talked about ruts in our brain based on repeated thoughts. What do you think it means to retrain your mind spiritually? Read Romans 12:2 and list a few new brain pathways you want to create by focusing on God's truth.

As we end this week, identify one thought you want to start replacing this week. Google Bible verses you could use to reframe that thought. Write a short truth you can begin to say daily when that old thought resurfaces. For example, "I'll never change" becomes, "I am a new creation in Christ. The old is gone, the new has come." (2 Corinthians 5:17)