

Toxic Toxic Thoughts

LifeGroup Notes

TALK IT OVER

Main Idea

Toxic thoughts are insidious and must be brought under submission before Christ.

Key Scriptures

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good, pleasing and perfect will. Romans 12:2

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.
2 Corinthians 10:4-5

...the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true... noble... right... pure... lovely... admirable — if anything is excellent or praiseworthy — think about such things. Philippians 4:7-8

Steps to transform and renew your mind:

1. Identify and reject toxic thoughts.
2. Replace toxic thoughts with God's Truth.

A foundational truth to build on:

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."
John 14:6

Your thoughts about God are the most important thing about you.
C.S. Lewis

Start talking.

- Describe a time when you have experienced something toxic. Food poisoning, smoke inhalation, etc.
- What are some toxic substances you interact with daily?
- What makes some toxins more dangerous than others?

Start thinking.

- Pastor Joel stated that toxic thoughts are often incredibly insidious and difficult to overcome. Agree? If so, explain.
- Of the 4 types of toxic thoughts described (Negative, Fearful, Discontented, Critical) which is most common for you?
- What are other forms of toxic thoughts?

Start sharing.

- Read Romans 12:2. In what ways are your thoughts most often drawn to conform to, "the pattern of this world"?
- To be "transformed" is to become something new, something different entirely. How is that possible?
- Describe a way of thinking you need God to "scrape and remake"?

Start doing.

- On a sheet of paper, write out three toxic thoughts you've identified. Take a moment to pray over each then crumple them up and toss into a trash can.
- On a separate sheet of paper write down three sentences that describe God's love for you. Share with the group.
- Read Philippians 4:7-8. Pick a couple of the words from the list and connect it with a specific idea in your life.
- Read John 14:6. Why is that a foundational truth? How does that help us combat the toxic thoughts of our culture?

Close in prayer.

Overcoming toxic thoughts is not complicated, but it is very difficult. We need to ask for the Holy Spirit's power to help us identify and reject those poisonous thoughts. Secondly, we need to pray for each other, that we would be grounded and empowered by the Truth of God's Word.