

1. Opening Prayer & Sharing (What’s your favorite hymn(s))?
2. Share what kinds of thoughts and images enter your mind on a daily basis. Are they your problems, failures, fear, bitterness and anger? OR joy, gratitude, praise, caring hearts for others and trust in God? Do they impact positively on your perception of God and the view of life or negatively? In what ways does God speak to us through our minds? How can you cultivate your mind that is tune with God?
3. **Watch video** – Any comment on *recognizing God’s voice, *bowling image of letting go of your problems, concerns and failures, *cultivating a mind where God stays, “If you can worry, you can meditate.” Sentence? (Main difference between worry and meditation? Why meditation on Scripture a key part of learning to God’s voice?)
4. What role can other people in the Christian community (church, bible study group etc.) play to help us cultivate a mind that dwells on God? In what ways have you experienced this level of sharing and support?
5. Read the scripture below. There is an ongoing battle for control of our minds. What are the two entities vying for control of the mind and where does each lead? What is a mind without God like? How do we **make our mind a dwelling place of the Holy Spirit?**

²² **In my inner being** I delight in God’s law; ²³ but I see **another law at work in me, waging war against the law of my mind** and making me a prisoner of the law of sin at work within me. ²⁴ What a wretched man I am! Who will rescue me from this **body that is subject to death?** ²⁵ Thanks be to God, who delivers me through Jesus Christ our Lord! **(Romans 7:22-25)**⁵ *Those who live according to **the flesh** have their minds set on what the flesh desires; but those who live in accordance with **the Spirit** have their minds set on what the Spirit desires.* ⁶ **The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.** ⁷ *The mind governed by the flesh is **hostile to God**; it does **not submit to God’s law**, nor can it do so.* ⁸ *Those who are in the realm of the flesh **cannot please God.*** **(Romans 8:5-6)**

6. Read the scriptures below. When it comes to hearing God’s voice and living in His presence, what is the truth about double-mindedness? What does James chapter 4 tell us is the cure for being double-minded?

⁵ If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. ⁶ But **when you ask, you must believe and not doubt**, because the one who doubts is like a wave of the sea, blown and tossed by the wind. ⁷ **That person should not expect to receive anything from the Lord.** ⁸ **Such a person is double-minded and unstable in all they do. (James 1:5-8)**

⁷ **Submit yourselves, then, to God.** Resist the devil, and he will flee from you. ⁸ **Come near to God** and God will come near to you. Wash your hands, you sinners, and **purify your hearts, you double-minded. (James 4:7-8)**

7. Read the scripture below. Since our natural tendency is to avoid God's presence and shut out His voice, we obviously have some work to do if we are to cultivate a mind that is receptive to God. What do we need before we can have a mind that is the dwelling place of God? How do we fill our minds with the good things God says are important to keeping attuned to His voice? (**Love the Lord your God with all your heart and with all your soul and with all your mind.**(Matthew 22:37), Let **the message of Christ** dwell among you richly as you teach and admonish one another with all **wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.**(Colossians 3:16) **Fix your thoughts on Jesus**(Hebrews 3:1)

¹¹ For who knows a person's thoughts except their own spirit within them? In the same way **no one knows the thoughts of God except the Spirit of God.** ¹² What we have received is not the spirit of the world, but the Spirit who is from God, so that we may understand what God has freely given us. ¹³ This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, **explaining spiritual realities with Spirit-taught words.** ¹⁴ The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit. ¹⁵ **The person with the Spirit makes judgments about all things, but such a person is not subject to merely human judgments,** ¹⁶ for, "Who has known the mind of the Lord so as to instruct him?" But **we have the mind of Christ. (1 Corinthians 2:11-16)**

8. Write 5 each of "My God Breathed thoughts" and "My God Avoidant thoughts" this week. What changes do you need to make to cultivate your mind on the things of God?
9. Read together – **"I keep my eyes always on the LORD. With God at my right hand, I will not be shaken."** (Psalm 16:8)
10. Joys & concerns & Closing prayer