

## Protecting Your Mind

### Keeping a Strong Mind in a Messed-up World

1. Read Matt 6:22,23. How do the things we watch and see affect the way we think?

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2. Can you remember a time when you became Anxious, Overwhelmed or Angry? What was your 1<sup>st</sup> reaction?

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3. Read Phillipians 4:6-8. How are we to approach the Lord when we're anxious or upset? What will the Peace of God do? How does the Word of God instruct us to think in order to stay strong and encouraged within our minds.

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4. Read Ephesians 6:10-18. How are we to remain strong in the Lord? What is our struggle against? What is the Armor of God and what does it represent?

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5. Read II Corin 10:3-5. Paul doesn't use the weapons that the world in opposition, what weapon does Paul use to defeat the enemy and demolish strongholds?

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6. Have you ever felt pressured to compromise your standards, belief, or values? Where and Why?

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7. Read Romans 12:1,2 & Isaiah 26:3. How do you keep your mind and heart from conforming to the world around you and compromising your standard and values to the ways of the world? How are we to keep our minds so that we can pray effectively?

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8. Read 1 Peter 4:7 We are living in the last days how are we supposed to keep our minds so that we can pray effectively? What helps you to keep your mind this way?

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9. Read Romans 8:26-28 How does the Spirit of God help us in our weakness?

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