

# The Good Life | Week Five

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1. *"impaired or abnormal functioning"*
  2. *"abnormal or unhealthy interpersonal behavior or interaction within a group"*

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*"a procedure or process which converts input to output in some way"*

**Input** → \_\_\_\_\_ → **Output**  
(function)

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*"a place or point of meeting"*

**Your brain is the most powerful "\_\_\_\_\_ " ever created.**

**The brain receives information or experiences (\_\_\_\_\_), processes the information (\_\_\_\_\_), and creates a response (\_\_\_\_\_).**

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*"collections of beliefs and thoughts that make up the mental attitude, inclination, habit or disposition that predetermines a person's interpretations and responses to events, circumstances and situations"*

**Your mindset \_\_\_\_\_ your attitude and your attitude \_\_\_\_\_ your mindset.**

**When our mindset is not in alignment with the \_\_\_\_\_, dysfunction takes over.**

**Both \_\_\_\_\_ and \_\_\_\_\_ inputs can yield dysfunctional outputs if improperly processed.**

**\_\_\_\_\_ thinking keeps us from addressing our dysfunctional mindset.**

*Do not conform 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.*

*<sup>3</sup>For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.*

Romans 12:2-3

**We often allow God to renew our \_\_\_\_\_, but fail to allow him to renew our \_\_\_\_\_.**

*Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. <sup>2</sup>Set your minds on things above, not on earthly things.*

Colossians 3:1-2

*Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup>Let your gentleness be evident to all. The Lord is near. <sup>6</sup>Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup>And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

*<sup>8</sup>Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. <sup>9</sup>Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.*

Philippians 4:4-9

*Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds.<sup>18</sup> They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart.<sup>19</sup> They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. <sup>20</sup> But that is not the way you learned Christ!—<sup>21</sup> assuming that you have heard about him and were taught in him, as the truth is in Jesus,<sup>22</sup> to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires,<sup>23</sup> and to be renewed in the spirit of your minds,<sup>24</sup> and to put on the new self, created after the likeness of God in true righteousness and holiness.*

*<sup>25</sup> Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. <sup>26</sup> Be angry and do not sin; do not let the sun go down on your anger,<sup>27</sup> and give no opportunity to the devil.*

Ephesians 4:17-27 (ESV)

# THE GOOD LIFE | WEEK FIVE

## DISCUSSION QUESTIONS

1. When you hear the word “dysfunction,” what do you think of?
2. Is it difficult to see yourself as dysfunctional? Why or why not?
3. Carl talked about positive and negative inputs that can yield dysfunctional outputs. Think back to some of the examples that he shared. How did you relate to those shared or what other examples from your life did they remind you of?
4. How did today’s teaching challenge the way you view the importance of your mindset and behaviors?

Check out the “Readiness Ruler” on the next page. Take a couple minutes to complete this individually in your group.

# Readiness Ruler

**Directions:** Indicate how much you agree or disagree with the following statements by circling a number where 1 represents ***strongly disagree***, and 10 represents ***strongly agree***.

1. I admit to myself and at least one other person that I have dysfunction in my way of thinking, caused by one or more events, relationships, or substances in my past or recent past.

1      2      3      4      5      6      7      8      9      10

2. I admit to myself that this dysfunction has caused pain or wounds in my life that I still carry inside my heart, mind, or identity.

1      2      3      4      5      6      7      8      9      10

3. The wound(s) I carry is painful enough that it affects my life now.

1      2      3      4      5      6      7      8      9      10

4. I am accepting that I am powerless over the wound itself, not being able to ignore it any longer.

1      2      3      4      5      6      7      8      9      10

5. I believe I am ready to move on from my current stage to the next.

1      2      3      4      5      6      7      8      9      10

# Week Five | Weekly Reflections

## Day 1 | Examining Your Mindset

1. What are the critical moments, events, and experiences in your life do you feel have most shaped and impacted your mindset?
2. Describe instances in which you experienced shifts in your thinking or new/deeper understandings? Think about moments you changed or circumstances that challenged ideas that you have always held.
3. What are the stories you tell about your life?
4. What are the stories you tell about the other members of your family?
5. What are the stories other people tell about you (to the best of your knowledge)?

## Day 2 | Mind Renewal

1. How does your personal mindset shape your attitude?

***Read Romans 12:2-3***

2. How does Paul say that you should be transformed?
3. How should your mindset and worldview be different from that of the rest of the world (i.e., those who are not followers of Jesus)?
4. What are some things that you regularly do that keep your mind from being renewed? (Reflect on this and don't rush.)
5. Are there any thoughts that you have about God, yourself, others, or life in general that are currently changing? How so (for good or bad)?

## Day 3 | Setting Your Mind

### ***Read Colossians 3:1-2***

1. What do you think it means to set your mind on things above?
2. What do you think the difference is between “things above” and “earthly things?”
3. Why is it so easy for our minds to stay focused on earthly things? What is the problem with this?
4. Write down the things that consume your daily thoughts that would be considered “earthly things.” As you look at that list, how can you change your perspective to focus more on “things above?”

## Day 4 | Guard Your Mind

### ***Read Philippians 4:4-9***

1. What does Paul say will guard our minds?
2. Would you say that your mind is regularly filled with peace? Why or why not?
3. What types of things does Paul say that we should think about? Why does your mind tend to think about things that are contradictory to those?
4. If your mind is not regularly filled with peace, can you diagnose a “why” based on the things you think about?

## Day 5 | Walking In A New Mindset

### ***Read Ephesians 4:17-25***

1. What part(s) of this passage stands out to you most?
2. Look at verses 20-24. What is the contrast between our “old nature/self” and “new nature/self” that Paul describes?

### **Point of Interest:**

A step in putting off your former self is to embrace a new mindset.

3. What are patterns of thinking that you need to put away and what new patterns would you like to embrace?

### ***Read 2 Corinthians 10:3-5***

4. How does Paul say that we demolish arguments and pretensions that are contrary to the ways of God?
5. What are we supposed to do when we take our thoughts captive?
6. End your time by taking your thoughts captive. Think about lies that come into your mind, surrender them to Christ, and replace them with truth from God’s Word.