



Ridge Group Lesson “Toxic Thoughts” – June 1, 2014

Getting Started

When you hear or read the word “radioactive”, what kind of things come to mind?

Greg told the story of the jewelry store manager who had the sales pitch so ingrained in his mind that he said it during his wedding. Do you have anything like that, that is so ingrained that you say it without thinking about it?

Digging Deeper

Read Romans 12:1-2

What does it mean to offer our bodies as living sacrifices?

Paul says that once we are transformed by the renewing of our mind that we will be able to test and approve what God’s will is. Why do you think this happens?

How do you allow your mind to be transformed?

Read 2 Corinthians 10:4-5

Paul says that the weapons we fight with are not weapons of this world. What do you think that Paul means?

How do you take thoughts captive and make them obedient to Christ?

Bringing It Home

Greg said our thoughts determine who we become. Do you agree or disagree? Why?

There were 4 examples of toxic thoughts in the sermon. (negative, fear/worry, critical, and worldly) Which one would you say you struggle with the most? What is your plan to try to change that way of thinking?

What is one thing you can do this week to replace destructive thoughts with spiritual truths?

Spend some time praying together as a group.