



01.14.2024  
CAPTURE YOUR THOUGHTS  
Discussion Guide

### BIG IDEA

We cannot control our thoughts, but we can capture them by holding captive any thoughts that do not align with God's Word. We do not have to think every thought we think, which means it is necessary to constantly renew our minds. In the game of chess, the objective is to remove the opponent's chess pieces from the board. In today's sermon, Pastor Daniel Floyd teaches practical tips on how to capture our thoughts to remove them from the chessboard of our minds.

### SCRIPTURES USED IN THE MESSAGE

- Ecclesiastes 10:2 (MSG)
- Romans 12:2 (NLT, NIV)
- Philippians 4:8-9
- Romans 8:5-6 (NLT)
- Hebrews 4:12
- Isaiah 26:3 (NLT)
- Colossians 3:2 (NLT)
- Hebrews 10:24-25 (NLT)

### TALK IT OVER

Choose questions that keep the discussion moving. No need to discuss every question.

- When is the last time you asked yourself, "what if" about something?
- We behave by default. What are your default behaviors? Describe a situation when you may use them.
- How can you be more mindful of your thoughts? What is the difference between controlling your thinking and capturing your thoughts?
- The Word of God is your weapon. Do you take advantage of wielding (using) it when necessary?

- Who influences your thinking the most? Do they positively affect your thinking? Do they build your faith and obedience in God?

### APPLICATION IDEAS

- What can you do this week to direct your focus to God? What are some practical ways you can capture your thoughts?

### PRAYER FOCUS

At Lifepoint, we pray until something happens. Make time in every group meeting to pray for one another and the larger matters of concern to your group.

- This week, pray for God to help you to be more mindful of your thoughts and show you some ways to capture them throughout the week.

### LEADER TIPS

- Find a scripture that challenges common negative thoughts (fear, abandonment, inadequacy, etc.). Print them and disburse them to your group members at the end of your small group this week.