



My Mind Is Playing Tricks on Me | Tim Timberlake | 07.14.2024
Weekly Study

SHARE

As group members get settled, take a few minutes to check in with everyone and see how life is going. Share an exciting story from this week, your highs and lows, an answered prayer, or something you're struggling with. If someone is really struggling, rally the group around them and take a few moments to pray over them.

Share a high and a low from last week.

What's on your mind this week?

GROW

Welcome to Week 2 of *Book Club*! This week, we had the privilege of hearing from Pastor Tim Timberlake, the author of *The Art of Overcoming*. In his message, Tim highlighted key points from his book, emphasizing the power our minds have over our thoughts. Life is full of everyday setbacks, and the thoughts we focus on can either derail us or lead us deeper into God's peace and joy.

To highlight the importance of focusing on the right thoughts and letting go of the wrong ones, Tim shared this analogy: Knowing which thoughts to pay attention to is like checking your mailbox. Occasionally, you'll receive mail meant for someone else. The proper response is to ignore it, let it go, or "return to sender." Opening mail not meant for us burdens us with issues that were never ours to begin with. We do the same with our thoughts, accepting and internalizing messages not meant for us. This can significantly alter our self-beliefs. In these

moments, Tim encourages us to step back and ask, "What thoughts and voices am I giving my attention to, and how are they shaping my life?"

Read Romans 12:2 CSB, 2 Corinthians 10:5 NIV

What was your biggest takeaway from Tim's message? How did it change your perspective regarding what kinds of thoughts you give your attention to?

In what area of your life does your mind play tricks on you, causing your thoughts to spiral out of control? (Finances, confidence, purpose, relationships, identity, etc.)

Explain.

Where are the thoughts you're focusing on leading you? Where could they lead you if you keep following them for a year? How about three years? Five? Explain.

M O V E

Tim explains that your thoughts are more powerful than your adversary. It's not the giants in your life that overwhelm or defeat you; it's your focus on them. Your fear and attention to the giant can steer you away from your destiny. When we worry, we end up giving more attention to the enemy's plans than to God's faithfulness and consistency. In such moments, we need to intentionally refocus on what God is doing in our lives, even if we don't fully understand it.

To do this, Pastor Tim shared four mentalities we must battle with every day:

1. Am I being negative?
2. Am I being fearful?
3. Am I being discontent?
4. Am I being critical?

Our mentality greatly influences our future. If we walk out of a season prematurely, we risk entering the next one unprepared. Patience is crucial to witnessing God's work in our current season. Often, we lose faith that God is moving because we focus on waiting for external changes when God is trying to do something far more profound—transform us from the inside out.

When your thoughts run wild, remember: the enemy knows your name but calls you by your sin; God knows your sin but calls you by your name. He was, is, and will always be loving and faithful. By seeking His will, we can take every thought captive and draw closer to Him and His love for us.

Read 2 Timothy 1:7 NKJV

How many of the above mentalities do you frequently struggle with? Which one is the most difficult to overcome? Explain.

What negative thoughts or mentalities have you been carrying that you need to exchange for what God has for you? What's holding you back? Explain.

How could your life look different if you exchanged your current thoughts and beliefs for a spirit of power, and love, and a sound mind (2 Timothy 1:7)? Explain.

What fears do you have in your life that aren't anchored in truth?

Read Philippians 4:8 NIV

Take the last 10-20 minutes of group time reflecting on Philippians 4:8 individually. Spread out in your meeting space, turn on some worship music, and do the following:

1. Read Philippians 4:4-8 on your own a few times.
2. Sit in silence for 2-3 minutes and just let God speak to you. Write down whatever comes to you in the moment.
3. When you're ready, spend a few minutes answering these questions:
 - a. God, how do You want me to view You, myself, and my situation when it comes to *whatever is **True?***
 - b. God, how do You want me to view You, myself, and my situation when it comes to *whatever is **Noble?***
 - c. God, how do You want me to view You, myself, and my situation when it comes to *whatever is **Right?***

- d. God, how do You want me to view You, myself, and my situation when it comes to *whatever is **Pure?***
 - e. God, how do You want me to view You, myself, and my situation when it comes to *whatever is **Lovely?***
 - f. God, how do You want me to view You, myself, and my situation when it comes to *whatever is **Admirable?***
4. When everyone is done, come back together as a group and share some of your biggest takeaways from this activity. What did God reveal to you?

P R A Y

Spend the final few minutes praying over any negative thoughts, beliefs, and mentalities that anyone in your group may be struggling with.