



Life Change Requires a Mind Shift

Our hearts and minds are God's to transform, but they are ours to guard.

Discussion Questions

1. If you are driving with the windows down and music blaring, what's your go-to song to sing at the top of your lungs?
2. Are you conscious of the music, the news, or the information you consume? How does it make you feel after you read or watch troubling stories? Conversely, what news or TV programs lighten your mood?
3. Read Proverbs 4:23. Do you need to change anything you consume: social media, gossip, criticism, negative thoughts? Are you as diligent about what gets into your mind as you are about what gets into your house?
4. How does Paul suggest you guard your heart in Philippians 4:6–9? What active participation does it require of you?
5. What will be the result if you have a renewed mind? Make a list of things you can meditate on that are noble, pure, and admirable.
6. **If you want to take self-guided steps to renewing your mind over the next four weeks, join us at www.gwinnettchurch.org/renovate for weekly digital content.**
 - Examine how your beliefs can guide your behaviors.
 - Explore what it means to have a new identity as a follower of Jesus.
 - Discover how forgiveness leads to freedom.
 - Learn what it looks like to live the Christian life each day.