



THE BRAIN CAGE

ROMANS 12:2

TAKE HOME STUDY GUIDE

SEPT. 28

This study guide is designed to help you reflect on Romans 12:2 in light of the sermon titled "The Brain Cage" from the series "Thought Tamer." The focus is on how transforming our thoughts can lead to a more fulfilling life aligned with God's will.

Romans 12:2 (NIV): "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."

OK – you have revisited the passage so grab your journal, your pen, and find a time and space to unravel and tame a few thoughts

Reflection Questions

1. Understanding Conformity:

What are some patterns in the world that you find yourself conforming to?
In what ways do these patterns contradict your faith or values?

2. The Need for Transformation:

Reflect on Paul's call to be transformed.
What does transformation mean to you personally?
How have you experienced transformation in your mind or heart in the past?

3. Renewing Your Mind:

What practical steps can you take to renew your mind?
Consider daily practices like prayer, meditation on scripture, or engaging in community discussions.
Are there specific areas of your life where you feel a need for mental renewal?

4. Testing God's Will:

How do you discern God's will in your life?
Share any methods or experiences that have helped you.
What does it mean to you to know that God's will is "good, pleasing, and perfect"?



THE LOST ART OF THOUGHT TAMING

GET READY TO TAME SOME THOUGHTS AND STAY SAFE FROM STINKIN' THINKIN'

1. Daily Mind Renewal:

Set aside time each day for prayer or meditation.

Focus on asking God to help you identify and transform negative thought patterns.

Use your journal to record thoughts, prayers, and insights related to your mental renewal journey.

2. Engage with Scripture:

Choose a scripture each week that speaks to the transformation of the mind (e.g., Philippians 4:8, 2 Corinthians 10:5).

Reflect on its application in your life.

3. Connect @ 434

Join us this week live on campus or on line for the Wednesday Night follow up to the series The CORE study is called "3 Rings of Crazy" – it will be helpful

4. Positive Affirmations:

Create a list of affirmations based on biblical truths.

Repeat these daily to reinforce positive thinking and align your mindset with God's will. You might be surprised to find out how much it helps to constantly remind yourself about the goodness of Jesus

Prayer Focus

Begin and end each day with prayer, asking God to guide your thoughts and help you break free from any dangers in your "brain cage" that limit your spiritual growth.

Pray for understanding and clarity to discern His will in your life, and for the strength to embrace transformation.

As you reflect on Romans 12:2, remember that transformation is a continuous journey. It requires intentionality and reliance on God's strength. Embrace the process and be open to the ways God wants to renew your mind, leading you to a life that reflects His goodness and purpose.

