



*"If anyone is in Christ, he/she is a new creation." Jesus is not offering to clean up the old; he is offering to enable the new. Because of his death and resurrection, the possibility now exists for us to be fully released to become who we were always meant to be, who we can be recreated to be. The old you is buried and dead. You have been born again. Welcome to You 2.0!*

### Week 6: A New Mind 2.0 Use

1. **Proverbs 4:23** warns *"Be careful what you think, because your thoughts run your life."* How have you seen the truth of this in your own experience? What are some thought patterns or mindsets that tend to negatively impact your life and move you away from becoming like Jesus? What could it look like to be more intentional about changing how you think?
2. **RENEWING THE MIND: The You 2.0 life requires "changing your mind."** Read **Romans 12:2**. How do you understand the term "repent" in the context of changing your mind, as opposed to just stopping bad behaviors? Read **Ephesians 4:23**. Share a moment when changing your thinking led to a significant change in your life. What role did the Spirit play?
3. Rick also pointed out that *"A renewed mind is Spirit-given, but it must be prayer-driven."* Read **Colossians 1:9** and **Ephesians 1:7**. How often do you pray for the Holy Spirit to renew your thoughts and attitudes? How can you incorporate this into your daily routine?
4. **PURSUING THE TRUTH: The Holy Spirit trains our brains to recognize lies.** Rick mentioned that the enemy's primary weapon is deception. How do you discern between truth and lies in your thought life? What does it mean to take captive every thought and make it obedient to Christ (**2 Corinthians 10:5**)? How can we practice this in daily life?
5. **PURSUING THE TRUTH: The Holy Spirit swats our thoughts back to the gospel.** Read **Philippians 4:6-7**. How does a grateful thought help match the velocity of a negative thought and point you back to the gospel? How have you recently experienced this?
6. **PURSUING THE TRUTH: The Holy Spirit reminds our minds of what Jesus thinks.** Why is it important to be convinced that Jesus' thoughts and wisdom are superior, even when they seem foolish to the world's way of thinking? Follow up: Share an example of how obeying one of Jesus' seemingly counter-cultural teachings has impacted the way you live.
7. This week, **give thought to your thoughts and ask the Holy Spirit to keep you "mind-full" of Jesus.** Share one practical way you will do this and close by praying for each other.

