

RENEWING YOUR MIND

You have taken significant (and difficult) steps to apply the gospel to your brokenness and pain. Forgiving your abuser, and confessing your own sin, are significant shame-killing acts whereby you unleash the resources and grace of God into your life, allowing God to retell your story as one of healing, redemption, and victory. Though you have forgiven your abuser, the pain of the past will still arise. In those moments, you can choose to renew your mind to what is true, which will, over time, impact the presence of those memories and pain.

Heart Questions: Why is it so hard to keep our thoughts captive and force them to dwell on truth rather than lies? On a scale of 1 to 10, how aware are you on a daily basis of the thoughts you are having and of how they are influencing your emotions and your behavior?

Renewing Our Mind to Remember How God Tells Your Story

Go back to the discussion you had regarding how GOD TELLS YOUR STORY. What truths did you discuss that should govern the way you think and live?

Read the following passages out loud together...

Philippians 4:8 “Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.”

Isaiah 26:3 “The steadfast of mind You will keep in perfect peace, because he trusts in You.”

Romans 12:1-2 “Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, [fn]acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.”

What do these tell you about the importance of renewing your mind.

Now that you have taken some significant steps to heal, how do you imagine you will continue to battle with lies and with the pain of the past?

Instead of trying to battle them in the moment, how can you be proactive to address those lies and live in the truth?

How can community be an important part of your healing?

For Celebration!

How has God worked in your heart and life through this journey with your friend? What good things has He done or begun in you as you have entrusted yourself to Him and His resources?