



BREAKING THE ICE

When it comes to good barbecue, are you a 'smoke it yourself' person or 'go to my favorite restaurant' person?

What is your 'go to' barbecue specialty?

MAIN CONTENT

We're learning what it means to love God with all our heart, soul, mind and strength, and this week we learned about loving the Lord with all our mind. A.W. Tozer said the most important thing about a man or woman is what comes to their mind when they think about God, because if you get the God thing right, you get everything right, you get the God thing wrong, you get everything wrong.

1. What comes to mind when you think about God?

Kevin said that to love God with all your mind means to BE MINDFUL OF THE PRESENCE OF GOD. It changes how we view life when we are mindful of His presence. Wherever you are, that's where God is. Peace comes from His presence, so be mindful of His presence. Dallas Willard said, "The ultimate freedom we have as human beings is the power to select what we will allow or require our minds to dwell upon." In other words, we can choose to be mindful of God's presence.

2. How easy or difficult is it for you to be mindful of God's presence throughout the day?

The second part of loving God with all your mind is to BE MINDFUL OF TRUTH. In John 10:10, Jesus said, "The thief comes to steal, kill, and destroy, but I have come that you might have life and have it to the full." Jesus wants us to live well, but Satan wants to steal our life, our hope, our joy, and our relationships. He does it through lies.

3. What are some of Satan's lies our society has bought into? Compare those lies to what you know to be true of God and the abundant life He desires for us.

The third way to love God with all your mind is to BE MINDFUL OF WHAT YOU TAKE IN. Kevin talked about the law of exposure which says that you will think about whatever it is that you're most exposed

to. Our lives are shaped by authors, teachers, podcasts, social media, movies, TV, 24-hour news channels, celebrities, thought leaders, politicians, talk show hosts, etc.

4. When you think about what you take in, who or what are the influencers that seem to be getting the most exposure and take up the most real estate in your mind? How has their influence helped you love God with all your mind... or is it having the opposite effect?

Paul writes in Philippians 4:8, “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

5. Try and come up with antonyms for each of these adjectives in Philippians 4:8. How does this clarify what Paul is talking about?

Last, Kevin said to BE MINDFUL OF WHAT YOU NEED TO LET GO. Read Romans 12:2 from a variety of translations.

6. Name a few key issues where the world’s way of doing things is very different from God’s way.

Kevin taught us that transformation happens by renewing our minds... changing the way we think about God, think about others, think about our sin, think about our lives. In his book, Soundtracks, Jon Acuff gives three great questions to help us evaluate our thinking and to think about what we need to let go of in order to renew our minds: Is it true? Is it helpful? Is it kind?

7. What is one thing you would like to change about the way you think and make decisions?

CLOSING PRAYER

Heavenly Father, help us live our lives mindful of Your presence, mindful of truth and mindful of what we may need to let go of so that we can experience the full abundant life Jesus promised.

ACTION STEP

+ Are there spiritual disciplines you might add to your life to help you be more mindful of the presence of God? For example, a fast from social media or implementing a Sabbath from all devices... one hour a day or one day a week. Or begin reading a small portion of the Bible each day to fill your mind with truth.