



BREAKING THE ICE

What's the craziest goal you've ever set? Do you have any goals for 2021?

What is your all time favorite soundtrack?

MAIN CONTENT

This week, Jon Acuff talked to us about setting goals and how to make Joy one of those goals. He said that "A goal is the fastest path between where you are today and where you want to be tomorrow."

Unfortunately, there's something that often gets in our way of setting and accomplishing goals. That thing is Overthinking. Jon says that "Overthinking is when what you think gets in the way of what you want." It steals time, creativity and is really a form of fear.

1. What's one thing you've been overthinking recently? Has it kept you from setting or accomplishing a goal?
2. How does fear play a role in your overthinking?

Romans 12:2 says "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."

1. What are the thoughts that cause you worry, fear or doubt most days? Are those thoughts true or false?
2. What thoughts do you think Jesus would have us dwell on, to replace those old ones and renew our minds?

If it's true that our thoughts are like a soundtrack - constantly running in the background - then they affect the way we perceive reality. They have the power to color our lives with anxiety or excitement, fear

or hope, anger or love, sadness or joy.

1. If you could describe the “soundtrack” that’s running in the background of your thoughts, what would it sound like? Would it be sad, hopeful, joyful, afraid, anxious, etc.?
2. If you could replace the old “soundtrack” with a new one, what would it be?
3. Think of a dream or a goal you’d like to accomplish in your life. What is your immediate thought or reaction when you think of it? Does it bring you joy and hope, or leave you exhausted and discouraged?
4. If it’s a negative thought, what is a hope-filled thought you can replace it with?

CLOSING PRAYER

Lord, help us to renew our minds so that we might know your good, pleasing and perfect will. Help us to stop believing the lies, the broken soundtracks, that crowd our minds. Instead, remind us by your Spirit what is true about us in light of your mercy and grace. In Jesus’ name we pray, Amen.

ACTION STEP

+ Write down the “broken soundtracks” that play in your head. Answer these 3 questions about those thoughts:

1. Is it true?
2. Is it helpful?
3. Is it kind?

+ Now write down a new “soundtrack” for yourself. Commit to repeating the new soundtrack to yourself every time you experience the old, broken one this week.

+ Write down 2-3 goals that you want to accomplish. Identify the lies in your mind that keep you from accomplishing them, and replace those lies with true words that encourage and excite you.