

FREEDOM TRAINING - Listening Guide
SESSION 8

WHAT THE BIBLE IS AND WHAT THE BIBLE DOES.

Review:

- 1) Identify the unfruitful emotion.
- 2) Identify the thought behind the emotion.
- 3) Replace the lie with the truth.

THE PROCESS:

- 4) Renew your mind with the truth.

Romans 12:2

Don't 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.

Until your thoughts change, you'll be mad at God, you'll think he abandoned you or you will think it's all his fault.

God is a good parent. He doesn't just fix our problems or do the work for us.

Renewing your mind is a focused and repeated thinking of a new thought. This becomes the habit of your thought life.

REPEAT. REPEAT. REPEAT.

Philippians 4:8

...fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

- Who God is.
- What God has done.
- Who I am because of who God is and what God has done.

You are in the habit of renewing your mind with lies. You need to begin renewing your mind with truth.

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DISCUSSION QUESTIONS:

- 1) Review the 4 steps to working the truth into our lives.
- 2) “God wants you to be set free, not just have a happy life.” Why do you think this would be God’s goal for you? Why is freedom so much more valuable than happiness?
- 3) What is the comparison between God setting us free and parenting?
- 4) What is the process of renewing your mind?
- 5) Read Philippians 4:6-8 together. Why is this passage so important when it comes to renewing your mind?
- 6) The world is always feeding us lies. Sometimes even friends who are trying to help end up feeding you lies. What are some examples of this? How could a friend who is trying to help actually end up feeding you lies instead? What does it look like to be a good friend to someone who is hurting?
- 7) End this discussion by making a list of words/phrases together that describe the following things:
 - Who God is.
 - What God has done.
 - Who I am because of who God is and what God has done.