

# LIFE GROUP GUIDE

## Soul Detox

### Week 2: Toxic Thoughts

#### GOALS

- To spend some time discussing and thinking more about how our thoughts impact our soul health
- To consider God's heart for our thought lives
- To consider and internalize the offer of healthy thinking

#### TIPS

- Watch your time and leave out questions if needed
- Make sure there is enough time at the end to pray together as a group

#### HEADLINES

Soul Detox Series:

It is a popular and worthwhile phenomenon to give thought to the things in our lives that are causing us to be unhealthy. Fad diets such as Banting, Paleo, Whole30; Pop exercise regimes like HIIT, CrossFit, Pilates; apps like MyFitnessPal and Run, Zombie, Run are all the rage. New promises for a new and better you in just 4 weeks or less. But how often do we consider the health of our internal life? What we are feeding our souls a steady diet of. This series aims to do just that. Covering toxic influences, thoughts, emotions and relationships and what wisdom Scripture gives us on how to remedy and deal with toxicity in these areas, we will be exploring how to get fit and healthy on a soul-ular level for the next 4 weeks.

#### PRAYER

Lord Jesus, thank you for bringing us here tonight. Help us to open our hearts and minds to you and your truth. Help us to see your desire for our thoughts and how to bring you honour with how we use our minds. Please reveal yourself to us and help us to grow in community. Amen.

## DISCUSSION

1. What 3 thoughts have occupied your mind this week? Why those and not others? What effect do they have on your life?
2. On Sunday we heard about self-deception and toxic thinking patterns. Did anything stand out for you in the message? Any points that seemed new or you hadn't thought of before?
3. The 4 patterns of toxic thinking were: pessimism, criticism, worry, and discontent. Which of the 4 do you think you are most prone to? How does it play out in your life? (Life Group Leader: this is a good opportunity to grow in vulnerability and community, be prepared to lead the charge in this section).

Someone read the following scriptures: Philippians 4:8, Romans 12:2, Eph 4:22-25

4. What do these passages suggest about how we are to focus our minds? What makes this hard?
5. Have there been any strategies you have learned (or heard about on Sunday) that you have found helpful in challenging and redirecting your thoughts away from toxicity?
6. What steps have you decided to implement as a result of Sunday and this evening?

## PRAY

Spend some time praying for each other around some of the areas you struggle with.

To end prayer: Lord Jesus, thank you for your grace and mercy. Thank you that you care about what we think about and want us to experience freedom even in our minds. Help us grow more in you as we leave tonight and keep us safe until we meet again. Amen.