

Thoughts  
May 7  
**GO FURTHER**



**START TALKING | ASK A QUESTION TO GET YOUR GROUP THINKING.**

- WHAT ARE SOME THINGS YOU FIND YOURSELF FREQUENTLY THINKING ABOUT?

**START THINKING | ASK A QUESTION TO GET YOUR GROUP THINKING.**

- Which part of this message was most impactful for you and why?
- What is your self-talk usually like? How does this inner dialogue influence your view of your life?
- Read Romans 8:5-6. What would it look like to have your mind set more often on the desires of the Spirit?

**START SHARING | CHOOSE A QUESTION TO CREATE OPENNESS.**

- Knowing God's Word helps us fight negativity. Share any of your favorite verses or stories from Scripture that encourage you.
- You have power over your thoughts. Talk about ways you can control what you think about this week. How could this change your life?

**START PRAYING | BE BOLD AND PRAY WITH POWER.**

Father, we're ready to take control of our thoughts. It's by Your power that we're able to combat negativity. Fill our minds with Your goodness and truth. Thank You for giving us joy, peace, and hope. In Jesus' name, amen.

**START DOING | COMMIT TO A STEP AND LIVE IT OUT THIS WEEK.**

- Start the Wisdom for Mental Health Bible Plan using Plans With Friends: [www.go2.lc/mentalhealthplan](http://www.go2.lc/mentalhealthplan)
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