



ALL THINGS NEW

LEADER'S NOTES

Week 4: Blueprint for Change

QUESTION 1

This first question involves discussing the central scripture for the week.

QUESTION 2

This second question asks group members to discuss what they would like to see change in their lives. You can have this discussion openly with the entire group, or if your group is large or not good at sharing intimately yet, you could break up into huddles to share—huddles of men and women, or even smaller gender-specific huddles of two or three.

QUESTION 3

Question three asks: Please discuss as a group how Christians change their attitudes and how they think. Feel free to include any stories from your own life and additional scriptures that seem relevant on this topic.

Key Biblical Principles for Changing Your Thinking

- Renew Your Mind: Don't conform to worldly thinking; instead, let God transform you by renewing your mind with His Word (**Romans 12:2**)
- Take Every Thought Captive: Demolish worldly arguments and bring every thought into obedience to Christ (**2 Corinthians 10:5**)
- Focus on the Eternal: Fix your eyes on the unseen and eternal, not the temporary seen world (**2 Corinthians 4:18**)
- The Mind Governed by the Spirit: Choose to have your mind led by the Spirit for life and peace, rather than the flesh, which leads to death (**Romans 8:6**)
- Repentance as a Change of Mind: True repentance involves a fundamental change of mind from sin to God's ways, a continuous process (**Acts 3:19, 1 Cor 2:14**)

Practical Steps for Transformation of your mindset

- Immerse in Scripture: Read, study, and meditate on God's Word to replace worldly thoughts with divine truth
- Pray for God's Help: Ask God to search your heart for anxious or ungodly thoughts (**Psalms 139:23**)
- Identify & Replace Patterns: Recognize old, harmful thinking patterns and consciously choose to replace them with new, God-honoring ones
- Choose Your Focus: Deliberately dwell on things that are true, noble, right, pure, lovely, admirable, excellent, or praiseworthy (**Philippians 4:8**)
- Be Intentional: Think before speaking or acting, and make deliberate choices aligned with Christ, not reactive ones

QUESTION 4

Question four asks: How do we stop doing unhealthy or sinful things?

- Pray Constantly: Ask God for strength, deliverance, and to align your heart against sin (**Matthew 26:41**)
- Submit & Resist: Submit to God and actively resist the devil, who will then flee (**James 4:7**)
- Fix Your Eyes on Jesus Christ: Focus on Jesus rather than selfish desires

Practical Steps

- Make No Provision for Sin: Remove access to temptation (**Romans 13:14**), like avoiding certain places or media
- Replace with Good: Actively do good things to crowd out sinful urges (**Ephesians 4:20-32**)
- Consider Consequences: Focus on the future harm of sin rather than the momentary pleasure (**Galatians 6:7-8**)
- Seek Accountability: Confess sins to others and be surrounded by godly people (**James 5:16, 1 Corinthians 15:33**)

QUESTION 5

Question five asks: How do you add good things that promote change to your life, and what are those good things?

Key Principles

- Grace & Time: Recognize that growth involves God's grace, forgiveness for mistakes, and the passage of time; it's a journey, not an overnight event
- Holy Spirit's Role: The Holy Spirit empowers this transformation, connecting you to Christ and the church, developing Christ's character within you
- Intentional practices: Intentionally choosing to add spiritual disciplines to your life

I also included a list of Spiritual disciplines with question five. Please discuss those with your group as well.