



LifeGroups exist to follow Jesus together, build authentic community, and lead others to Him

Sermon: The Courtroom of the Mind (Open Mic Series, Wk. 5, Michael Goodwin, Nov 2nd, 2025)

Primary Scriptures:

2 Corinthians 10:5, Proverbs 23:7a

Supporting Scriptures:

Matthew 12:34, Proverbs 4:23, Romans 12:2, John 8:36, Romans 8:1

Ice Breaker Question (15 min): *(Ice Breakers build deeper relationships!)*

What's one childhood cartoon or TV show you secretly wish would come back?

Sermon Summary:

We all live with an inner courtroom where competing voices, with lies, fears, pride, accusation, and truth, which all try to shape who we are. Those voices don't just dwell in our heads; they take root in our hearts, influencing our actions and identities. Scripture teaches us to guard our hearts and take every thought captive to make it obedient to Christ, because what's in us eventually flows out of us. We are not powerless in this courtroom and we can moderate which voices get to speak and which are escorted out. By revealing the lies, replacing them with God's truth, and repeating that truth daily, we align our identity with who Christ says we are. The gavel has already fallen at the cross, and our identity is secure in Jesus; the verdict is final.

Group Discussion Questions (30 - 45 Minutes)

1. What stood out to you most from the sermon about the "Courtroom of the Mind" and why?
2. What is one lie you've noticed in your "Courtroom of the Mind" that you've believed for too long, and how has it impacted you?
3. **Proverbs 4:23** instructs us to "guard your heart, for everything you do flows from it." What are some practical ways you can guard your heart against negative or false internal voices?
4. Can you share a time when replacing a lie with truth changed you? What did that change look like?

Prayer Time (15 min):

Break into smaller groups, read the following instructions, and pray for one another.

- **Pray for discernment** that we would clearly recognize the lies we've allowed in our minds. Gather in pairs or small groups and pray for each person to have clarity to identify and name the lies in their "Courtroom of the Mind." Ask God to shine His truth on false narratives, such as feelings of worthlessness or fear, and to give wisdom to recognize His truth.
- **Pray for your "one"**