***Your Brain is Trying to Kill You***

***“I’m Just Not That Special*”**

**PREPARATION**

* Familiarize yourself with this Study Guide.
* If you missed it, watch the sermon online [HERE](http://3crosses.org/about-us/sermons/).
* Spend some time in prayer before your group gathers.
* As a leader you **always** have the option to use some or all the questions and/or prepare your own questions.

**DISCUSSION**

**Opening Prayer:**(1-5 minutes)*In light of what God is saying through this week’s message, here’s some suggestions of how your group can invite God into your time together.*

Thank the Lord for sending Jesus to die on the cross and raise from the dead in order to offer the power of life-transformation. Pray that the Holy Spirit would consistently reveal the enemy behind the lies and the harmful conversations that creep into our minds. Finally, pray that Jesus would reveal His truth and love to us in the midst of doubt!

**Discussion:**(30 minutes)

What’s Going on This Week

This Sunday, Pastor Danny led us into our first week of the series titled *Your Brain is Trying to Kill You*. Pastor Danny focused our attention on the words of Romans 12:2 where Paul is encouraging his audience not to be molded by the world’s standards or expectations, but to surrender their lives to Jesus so that He may transform their minds from the inside out. To begin the series, Pastor Danny challenges the church to listen and document the voices in our brain and invite the Lord into those conversations in order to counteract the lies of the enemy.

“Everything in our world is designed to show us where we don’t add up to where we feel like we are supposed to be.”– Dr. Danny Strange

Suggested Questions

**Check-In:** *Review 1 John 1:1-10; Romans 12:1-2:* Last series, the book of 1 John talked about the internal and external voices of the world that were convincing John’s audience that they were not followers of Jesus and they were condemned because of their sin. This new series is inspired by Paul’s exhortation to surrender our thoughts to the Lord so that He would renew our minds to discern the perfect will of the Lord. As you reflect on your life up to this point, what are some significant events in which you have experienced a renewal of your mind?

* *Read Genesis 3:1-24; Romans 7:14-25; Colossians 3:1-17:* Pastor Danny begins the sermon by pointing out the many different ways our thoughts tend to influence us to mold to the standards, the expectations, and the ways of the world due to our fallen nature as humans. In what specific ways does your brain initiate sinful thoughts in your mind and how do these thoughts affect the way you live?
* *Read Ephesians 4:1-32; 2 Corinthians 10:1-6; 1 Peter 1:13-21:* Next, Pastor Danny challenges the church to invite the Lord into the inner conversation of the mind through prayer so that He can begin to transform our mindset that influences our lives. What are the areas of your life that you are not surrendering to the Lord in order for Him to begin molding and how can you begin to invite God into that conversation?
* *Read Titus 3:3-8; Ephesians 6:10-20; Romans 8:1-17:* Finally, Pastor Danny concludes the sermon by revealing the different topics this sermon series will address such as impulse control, deep desires of the heart, and anger. How can we pray that the Lord would renew your mind throughout this series and learn to combat the lies of the enemies?

**Closing Prayer:**(5-15 minutes)*In light of what God is saying through this week’s message, here’s some suggestions of what your group could talk about with God in prayer.*

Thankour Heavenly Father for sending His son Jesus to lay down his life so that we can be saved and our minds can be transformed! Pray that the Holy Spirit would continue to confront the enemy in our mind so that we could discern His good and perfect will for our lives!

**THROUGHOUT THE WEEK**

- **Find out how to pray for two people in your group this week.** Follow up with them encouraging them to lean into the love of Jesus daily! If you feel that any member of your group may need professional help, visit www.3crosses.org/christiancounselors

-**Text MY BRAIN to 444999** Help us minister to you by sending in how your brain is trying to “kill you”. Invite the Lord into this conversation and be prepared to discuss how He affects your mental state.

- **Home Communities will be on break during the Summer!** Sign-ups for season 3 of Home Communities begins late August! If you have any questions, feel free to email AJ at [avanegas@3crosses.org](mailto:avanegas@3crosses.org)