

NS LIFE GROUPS

NorthStar Church

Re-Boot: Shift

Proverbs 23:7

May 6, 2018

Main Idea: When it is time to Re-Boot our lives, one thing we must do is **SHIFT** our thinking.

Icebreaker: Can you tell of a time that you “thought” something or a certain way just because a parent, family member, or friend did? Can you remember the moment when you realized that it wasn’t true? When you could no longer believe what you thought? (Allow group members to share their experiences.)

Study:

Oftentimes, the healthiest thing we can do to reboot our lives is to **SHIFT** our thinking. Read the following points from the sermon along with the corresponding scripture passages and discuss them in your group using the following questions:

1. **Don’t believe everything you think. (Jeremiah 17:9)**

- Sometimes our “hearts” can deceive us into equating our “feelings” with “facts.” Has an emotion ever led you to believe something that you actually found out was the opposite of the truth? We must remember to turn to the Holy Spirit, the counselor that Jesus left for us, for the truth.

2. **Set a guard over your mind. (Psalm 101:3)**

- As with our computers and as with our bodies, our minds work based on what we put into them. Garbage into our minds = garbage out in our lives. We must guard what we put into our minds by:
 - i. **#1: Praying over everything (Philippians 4:6-7)** Do you tend to pray more or worry more?
 - ii. **#2: Reset your mind (Colossians 3:1-2).** What are you watching and what are you reading?

3. **Never stop dreaming. (Ephesians 3:20-21)**

- What would you attempt for God if you knew you couldn’t fail?
- What is your Big Hairy Audacious Goal (BHAG)?

Application:

In light of these Biblical truths, how does God want you to Shift your thinking? Is there a current situation in which you need to reboot your thinking by believing differently, guarding your mind, or dreaming God-sized dreams for your life?

Pray :

Pray for each person in your group and their various requests. Pray that our feelings do not control our thinking. Pray that we learn to lean on God and the Holy Spirit to discover His truth and His purpose. Pray that God will bring these truths to our minds when we’re ministering to others.