

Journey CHURCH

Pastor James Greer
James@jcpineville.com
www.jcpineville.com



Starting Over Leader Guide Session 3: Rethink It

Video Recap:

Thinking your way to a better future

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:1-2 NIV

Renew does not equal restore.

Conformed VS. _____

- Conformed just happens.
- Transformed takes time and effort.

What happens if you put on the _____ before taking off the _____?

The new peels off.

- Renewal takes time.
- Time is your friend.

_____ and _____ are not enough.

If you think the way you are used to think, you'll do the things you used to do.

Seven Lethal _____:

- "If I can find the right person, everything will be all right."
- "My situation is unique."
- "It's not right, but it makes me happy. God wants me to be happy."
- "If only I had _____, then I would be satisfied."

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- “I owe is better than I want.”
- “My secret is safe with me”
- “Sex will solve it”

It’s not enough to ask the questions: “What was I thinking?” You have to answer it. That way, next time will look much different than last time.

Next time can be better than last time through the renewing of you mind.

Discussion Questions:

1. Did you hear anything in the video that you disagreed with or that stands out to you?
2. Do you have a personal example of when time allowed you to renew your mind?
3. Andy addressed seven statements and labeled them “lethal assumptions.” Discuss situations when people justify their behavior with these assumptions.
 - “If I can find the right person, everything will be all right.”
 - “My situation is unique.”
 - “It’s not right, but it makes me happy. God wants me to be happy.”
 - “If only I had _____, then I would be satisfied.”
 - “I owe is better than I want.”
 - “My secret is safe with me”
 - “Sex will solve it”
4. What might be the cost of a person still living with the mindset of these lethal assumptions instead of rethinking them?
5. Which of the seven assumptions is your most common excuses or justifications for your actions?

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6. Is there an area of your life where you would benefit from renewing your mind or changing the way you think?

7. Which of these practical methods for renewing your mind can you commit to do this week?
 - Read scripture
 - Attend church on Sunday
 - Meet with a mentor
 - Pray
 - Share your situation with a small group
 - Read a book about the topic