

Pathway to Emotional and Spiritual Health | “Renewing the Mind & Inner Practices”
**Week 4: Recognizing Anxious, Fearful, or Distorted Thought Patterns -
Renewing the Mind through Scripture and Truth (Romans 12:2)**
Speaker: Elijah McAmis

Recognizing Distorted Thinking

- Anxiety, worries, self-doubts and other mental struggles are natural, but can quickly get out of control and become mountains in our minds if we are not careful
- Are these thoughts drawing me closer to Christ, or pulling further from Him?
- Have I let my worries become idols that exalt themselves against the knowledge of God? (2 Cor 10:4-5)
- What did Jesus say to do with my cares and anxiety? (Matthew 6:25-34; Matthew 11:28-30)
- Filter thoughts through the word of God (Philippians 4:6-9)
- Remember to practice stillness and mindfulness

Walking in Transformation

- Renew your mind and BE TRANSFORMED! (Romans 12:2)
- What does transformation look like?
- True Godly transformation leads to servanthood, dependence on the body of Christ and Christlike living (Romans 12:1-21)
- Not everyone serves or is used in the same way (Romans 12:5-8)
- Members of the body of Christ take care of each other (Romans 12:9-13)
- Walk in humility and peace and do good to those who wrong you (Romans 12:14-21)
- Serving God is more than just volunteering at church, but being available to be used in our everyday lives
- Transformation doesn't mean you get everything right immediately, it means we stay connected with Christ and our brothers and sisters until God perfects His work in us
- God uses imperfect people to do a perfect work (Paul; Peter; Thomas; David; Samson; etc.)

Things to Think About (Discussion Questions):

- How can we tell when a normal concern has become an unhealthy obsession or stronghold in our thinking?
- What does it look like to “take every thought captive” in practice?
- What fears would lose their power when we remind ourselves of God's love, power and sovereignty?
- Why is transformation usually a process instead of an instant event?
- Why is it important to remember that every believer has a different role in the body of Christ?
- How has another believer encouraged or strengthened you during a difficult season?
- How does serving others help shift our focus away from ourselves and our worries?
- How can we make ourselves more available to do God's work outside of church?
- Why do you think God often chooses flawed people to accomplish His purposes?
- Why is it important to remember that spiritual maturity is not the same as perfection?

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