

BBCB Bible Study Notes
From the Series: TRANSFORMED
“Change Your Life by Changing Your Mind”
March 9, 2014

This week in your Small Group: *Five Habits for a Healthy Mind.*

Today’s Message: *How to Manage Your Mind.*

WHY IS IT SO IMPORTANT TO MANAGE YOUR MIND?

1. Because your _____ control your life. (Proverbs 4:23)
2. Because your mind is the place where you _____. (Romans 7:22-23)
3. Because managing your mind is the key to _____. (Isaiah 26:3)

HOW CAN YOU MANAGE YOUR MIND?

1. You must _____ your mind with truth. (Matthew 4:4, Psalm 119:97)
2. You must _____ your mind from destructive thoughts.
 - Three enemies we battle: the _____ (1 John 2:16), the _____ (Romans 7:23), and the _____ (1 Peter 5:8).
 - The process of temptation involves: _____, _____, _____, and _____. (Genesis 3:1-7)
3. You must _____ your mind on the right things. (Philippians 4:8)
 - Think about _____. (Hebrews 12:3, 2 Timothy 2:8)
 - Think about _____. (Hebrews 10:24, Philippians 2:4)
 - Think about _____. (Colossians 3:2, 1 Corinthians 2:9)

BBCB Verse of the Week: *“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!” Isaiah 26:3 NLT*

NOTE: This outline and Devotional Guide are adapted from material by Pastor Rick Warren for the Transformed Campaign.

BBCC Devotional Guide for March 9 through 15, 2014

Sunday: Read Isaiah 26:3. Do you struggle to have “peace of mind”? We often think about what could happen and dwell on the consequences of what has already happened. According to this verse what do we need to do to have peace of mind? What are some practical ways we can do this?

Monday: Read Philippians 4:6-7. In these verses God gives us a way to let go of our anxiety and experience His peace. First we need to thank God for all He has done for us. What are some things that come to mind? Next, we need to tell God what we need. What do you need from God today? Remember this: if it’s big enough to worry about, it’s big enough to pray about!

Tuesday: Read Philippians 4:8-9. One of the important ways to manage your mind is to focus on the right things. Remember that your mind is like a void—it will be filled with something. The key to freeing your mind from destructive thoughts is to replace them with other thoughts, the kind of thoughts described in these verses. How can you put these verses into practice in your life today?

Wednesday: Romans 12:2. The transformation of your life does not begin with actions or emotions, it begins with your thoughts. According to this verse, what is the outcome of being transformed? If you want to know God’s specific will for your life you must learn to change the way you think!

Thursday: Read 1 Corinthians 2:16. You probably have heard this question many times: “What would Jesus do?” To know what Jesus would do you need to have “the mind of Christ”, that is, you need to know what Jesus would think and do in a specific situation. In order to do this, we need to know what Jesus has said and done in similar situations and the place to find this information is in the Bible. Make a commitment today to study the life of Christ in order to become more like Him.

Friday: Read James 1:5-8. Wisdom is the ability to apply God’s truth to the practical issues of everyday life. We need to remember that God does not offer His wisdom as one opinion among many choices but as the absolute truth He wants us to obey. You must act on the wisdom God has already revealed in order to get more wisdom. Where do you need God’s wisdom in your life today?

Saturday: Read Proverbs 19:8. God wants us to seek out wisdom and understanding in order to live a life that pleases Him and benefits us. This means that we must be intentional about seeking wisdom and understanding. Two important ways to do this is through reading and relationships. Here’s a suggestion: trade one hour of gaming or TV for reading and relationships so that you can grow in wisdom.

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2. You must free your mind from destructive thoughts.
 - Three enemies we battle: the world (1 John 2:16), the flesh (Romans 7:23), the Devil (1 Peter 5:8).
 - The process of temptation involves: desire, doubt, deception, disobedience (Genesis 3:1-7)
3. You must focus your mind on the right things. (Philippians 4:8)
 - Think about Jesus (Hebrews 12:3, 2 Timothy 2:8)
 - Think about others (Hebrews 10:24, Philippians 2:4)
 - Think about eternity (Colossians 3:2, 1 Corinthians 2:9)

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