



Community Bible Church
Sermon Discussion Questions: Jun 30, 2024
Pastor Ed Newton

Title: Beautiful Mind

Text: "For as he thinketh in his heart, so is he" Proverbs 23:7 (KJV)

Target: When you change the way you look at things, the things you look at change.
(Unknown)

Question #1: *How do our perception and our principles help us interpret our everyday reality? Can you share an example of a belief that has significantly shaped your perception of the world (either negatively or positively)?*

- I. **The Power of Belief:** *Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." Romans 12:2*
- A. Foundation of Belief:** Ideology or set of principles that help us to interpret our everyday reality.
 - B. Formation of Belief:** These are shaped by the following - Experiences, Encounters, Environments, Education. (Neuro Pathway Development)
 - C. Filters of Belief:** Cognitive Bias becomes the filter for processing information quickly via our preferences and experiences. (Subjective not objective)
 - D. Faith & Belief:** "good and acceptable and perfect" (Romans 12:2)
 - 1. God's character is good!
 - 2. God's ways are right!
 - 3. God's provision is sufficient!

Question #2: *How have the points under "Power of Belief" developed your understanding of how people make decisions? Do these dynamics provide you empathy in talking with others who do not believe the same things as you? Why or why not?*

II. The Presence of Emotions: *For God gave us a spirit not of fear, but of power and love and self-control. (2 Timothy 1:7)*

A. Provision of Emotions: Come from the Brain not the Heart by God.

1. **Amygdala:** Prepares the body for action with a release of adrenaline for Fight, Flight, Freeze.

2. **Hippocampus:** Learning and Memory function that moves short-term memory to long-term.

3. **Prefrontal Cortex:** Regulates our thoughts, actions and emotions in compassing to past experiences.

B. Purpose of Emotions: (Motivate to Act, Avoid Danger, Make Decisions, Understand others Better, Understand yourself better)

C. Pervasiveness of Emotions: Without proper boundaries, emotions will control you instead of you controlling them.

D. Protection against Emotions: *“Take every thought captive to obey Christ” (2 Cor. 10:5)*

Question #3: *What emotional tendencies (sadness, anger, fear, etc.) do you find yourself struggling to control? What are some strategies you use to ensure your emotions do not control you? How can we set proper boundaries to manage our emotions effectively?*

III. The Pattern of Behavior: *“But be doers of the word, and not hearers only, **deceiving yourselves**” (James 1:22)*

A. Reject the Lies: The values you hold inform the vision in which you see yourself.

B. Break the Tendency Loops: Coping and default mechanisms must end and **develop healthy habits.**

C. Attitude is Everything: Your perspective is to be more than positive, it's believing all things are possible with God.

Question #4: *What are some common lies or false values that people believe about themselves? How can identifying and rejecting these lies transform your self-image and actions? What are some default mechanisms or coping strategies that you need to break?*

Takeway: If you are willing to change your thinking, you can change your feelings. If you change your feelings, you can change your actions. And changing your actions - based on good thinking - can change your life. (Maxwell)

Question #5: *Which do you believe you have the most control over: your thoughts, emotions, or actions? Which one do you think needs the most improvement? Reflect on how these three aspects influence one another. What specific step can you take this week to improve that area of your life and align more closely with God's truth? How can we support each other in this effort as a community?*