

# The *New* You



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**Choices**

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The difference between people who thrive and those who fail is a *mindset*; those who thrive have their *minds* set on what the Spirit desires, and those who fail have their *minds* set on what the sinful nature desires. So, the question is, *what is your mind set on?* Because whatever dominates your thoughts will determine your life.

## Discussion Questions

1. Think of where your thoughts and actions have led you over the past month. Is your mind being controlled more by sin or by the Spirit? How does that influence your decisions, actions, language, and overall lifestyle?
2. What TV shows and movies do you watch on a regular basis? What kind of content do they have? Do they fill your mind with the fruit of the Spirit (Galatians 5:22-23) or with thoughts of greed, envy, immorality, bad language, and apathy?
3. Every person has a constant stream of information flowing through their minds—from the internet and TV to church, school, and friends. How can you create balance with what's flowing into your life, to ensure there is a steady stream of God's goodness alongside the stream of information the world is sending your way?
4. **Read Psalm 37:4.** To be controlled by the Spirit and not by sin, you have to develop new desires. What are some practical ways you can begin to develop them?

## Challenge

This week, commit to having a steady stream of God in your life each day so that you are led by the Spirit. Find someone to hold you accountable to start removing things from your life (e.g., certain shows, time on Facebook, destructive relationships) that have a negative impact on your spirit.

## Commit to Memory

The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. **Romans 8:6**