



## LESSON 1 // UNSTUCK FROM YOUR RUT

**Big Idea:** We all get stuck at times in some ruts of the mind that hinder our personal joy, fulfillment and fruitfulness for God. In fact, your biggest spiritual battles are fought on the battleground of your mind.

The good news is that, by God's grace and through the truth of His Word, you can uproot sinful, negative, destructive thought patterns and ruts and rebuild holy, heathy, wholesome ones.

**Romans 12:2 (NLT)** *Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

### Start Talking:

How can the following declaration and attitude help you live more fully and fruitfully for the Lord?

*"I am ready and willing to improve my thinking. I understand that better mental health is a key part of a better life, and a key part of my spiritual growth."*

### Start Thinking:

In what ways do you struggle in your thinking? What are some of the challenges you face in overcoming these struggles?

**Read Philippians 4:8-9.** According to these verses, how does God want you to think? What happens when we learn to think His way instead of in ungodly ways?

**Read 2 Corinthians 10:4-5 and Ephesians 6:12.** What does it mean for you to "take captive every thought to make it obedient to Christ" (2 Corinthians 10:5)? How does this impact the battle in your mind against "the spiritual forces of evil in the heavenly realms" (Ephesians 6:12)?

**Read John 8:31-32.** How does Jesus' promise in this verse encourage and challenge you?

### Start Praying:

Pray for God to give you insight, wisdom and a determined faith in His Word to address "ruts" in your thinking that need to be changed.

### Start Doing:

Spend time this week meditating on and memorizing key Scripture verses from this lesson (see references below) and let these renew your mind in God's truth and establish new "ruts" of thinking in your mind.

*John 8:31-32; Romans 12:2; 2 Corinthians 10:4-5; Philippians 4:8-9*