

FOCUS: During our 8-week **Made for Mondays** series, we are seeking to integrate our faith and work. This week, reflect on who we are becoming and how our lives move in the direction of our strongest thoughts.

1. What do you like about who you are becoming? What concerns do you have regarding who you are becoming? What role do you think you play in the person who you are becoming?
2. According to a 2005 National Science Foundation study of the 60,000 thoughts an average person thinks a day, 95% are the same repetitive thoughts as the day before and of those, 80% are negative. As you do a “thought audit” over the past couple of days, what are recurring narratives that are playing on the hard drives of your mind?
3. Read [Romans 8:5-6](#) out loud. What does the Apostle Paul teach about the power of our thinking? Identify the two spiritual forces at work in our thinking. How do you discern Holy Spirit thinking from sinful nature thinking?
4. Spend some time in honest reflection asking yourself two questions:
 - a. What negative thoughts are influencing or hindering my life?
 - b. What spiritual truths can set me free from those strongholds?
5. Read aloud and discuss the following passages regarding how our lives move in the direction of our thoughts: [Romans 12:2](#), [2 Cor. 4:16-17](#), [2 Cor. 10:3-5](#).
6. Gary and Danny mentioned on Sunday: *“Regardless of our past, the hope we have in Jesus is that our future doesn’t have to be chained to our past because our lives can move in the direction of our strongest thoughts.”* **Do you agree with this statement?**
7. Gary and Danny mentioned the power of “Declaration Statements” (some of Gary’s are listed on page 3 of these message notes).
 - a. Do you see this as a beneficial discipline?
 - b. When can you schedule an hour with our Heavenly Father and ask Him what statements He wants you to declare over yourself this coming season of your life?
 - c. If you are a dad, what are the statements you are declaring over your children? (Whether you actually declare them or not!)
8. If you were to summarize the sermon in a sentence, what would it be?

Bonus Content

Need some help knowing who you are in Christ?

<https://bible.org/article/who-does-god-say-i-am>