



Discover

## Mind your Mind

### Developing Healthy Mental Habits

#### Proverbs 23:7 (NKJV)

<sup>7</sup> For as he thinks in his heart, so is he. ...

#### Proverbs 4:23 (TEV)

<sup>23</sup> Be careful how you think; your life is shaped by your thoughts.

#### Philippians 4:8 (NLT)

<sup>8</sup> And now, dear brothers and sisters, let me say one more thing as I close this letter. Fix your thoughts on what is true and honourable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise.

#### Our fears and anxieties can be self-fulfilling

#### Job 3:25 (NLT)

<sup>25</sup> What I always feared has happened to me. What I dreaded has come to be.

### 7 Questions to lead a DISCOVERY group

1. What are you thankful for? (*Introduces people to true worship of God*)
2. How are you or people you know struggling and how can this group help? (*Introduces authentic community and ministry*)
3. Did you do what you committed to do last time? (*Introduces testimony and faith*)
4. What does the Scripture today say to you? (*Introduces the Holy Spirit as the teacher*)
5. What does this passage mean to you? (*Introduces hearing God through the Word*)
6. How will you obey? (*Introduces obedience-based faith – not head knowledge “If you love me, you will obey me”*)
7. Who will you tell? (*Introduces multiplication and movement so that urban area can be reached*)

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