

CRITTERS

A FRESH START ORIGINAL

Week 1
Tim Chambers

"DON'T LET YOUR TRAIN OF THOUGHT BECOME A TRAIN WRECK"

Focus Don't let your train of thought become a train wreck. Retrain your brain and think Godly thoughts.

Fun What's the craziest critter you've ever come across? Describe.

Discuss **Message:**

Key Scriptures: Luke 6:45b, Proverbs 23:7, Luke 15:11-20, 2 Corinthians 5:17, Romans 12:2, Isaiah 55:8, Ephesians 4:20-24, Philippians 4:8-9, 2 Corinthians 10:5

1. What has had the greatest influence on your mind the culture or spiritual things?
2. Regarding Luke 15... Train of thought = a line of reasoning/the way in which you and I reach a conclusion or destination. What was the prodigal son's train of thought and where did it lead him? Where has your train of thought been leading you? Describe a positive and negative "train of thought" you've had recently.
3. Pastor Tim described some of the train cars - worry, guilt, insecurity, sadness, lack of trust, fear, assumptions. Which train cars have you boarded and affects you the most? Explain.
 - a. Do you agree or disagree with this thought... "our thoughts are trained"? Explain.
4. Pastor Tim challenged everyone to consider if they have gotten on the wrong track in any area of their lives. Are you on the wrong track in any area of your life? (if anyone feels comfortable to share have them)
5. What area of your life do you need to come to "your senses"? Are you willing to be humble and allow God in that area? How does the response of the father help you (Luke 15:20)?
6. If you're willing to get off the old track and hop on a new one here are the 3 things you can do to RETRAIN your brain...

- a. You gotta be synced right to think right
 - Read Isaiah 55:8 and Ephesians 4:20-24. Then allow time for discussion.
 - b. Put into practice Philippians 4:8 principle
 - How do these thoughts compare to your current thoughts? How can fill your mind with only those things in that verse?
 - c. Wake up thinking right!
 - Challenge yourself this week to wake up and make the first thought you have “This is the day that the Lord has made I will rejoice and be glad in it!”
7. Discuss the plan to use the rubber band to help retrain their brain (or how it’s going if you meet later in the week). Have some rubber bands in case someone doesn’t have one.

Live it Out How will having your thoughts on the right track help you to better impact others you encounter throughout your week?

Talk about...

- Rocktoberfest is only a couple weekends away. We need candy, lots of guests, and **volunteers** - <http://freshstart.church/rocktoberfest>
- Save the date for an Overflow Women’s event “Fresh Baked” November 19th at 6:30
- Nail down the details of your service project and make sure to let me know what your LOOP is doing.
- You can always use the weekend bulletin and this web page for information on what’s coming up - <http://freshstart.church/upcoming-events/>