

## Discussion Guide

May 4, 2025

# Think About It: Week 1

## I Had To Learn That

Pastor Chris Durso

### *Main Idea*

The central theme of his message revolves around the idea that true freedom in Christ requires the renewal of the mind, not just a transformation of the heart. He emphasizes that fear can hold the mind captive, preventing individuals from fully experiencing the freedom that comes with following Jesus. By allowing Jesus to renew our minds, we can overcome fear and walk in the freedom He offers.

### *Anchor Passage*

*"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things" (Philippians 4:8, NIV)*

Read Joshua 1:8-9

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### **1. You Have To Learn to Unlearn.**

Your thoughts are not neutral; they are a battlefield. You can't walk in freedom with a mind formed by fear.

Read Romans 12:2 and Proverbs 23:7

**Question:** What is one mindset or habit that helped you survive in a past season, but now holds you back from walking in freedom—and how might God be inviting you to unlearn it?

### **2. You Have to Learn to Filter, Not Fight.**

Not every thought is your enemy—but every thought needs evaluation. You are not responsible for every thought that enters—but you are responsible for every thought you let stay.

Read Philippians 4:8

**Question:** How do you currently decide which thoughts to keep and which to reject—and what filters or truths from God's Word help you make that decision?

**3. *You Have to Learn That Mindset is Spiritual Warfare.***

Breakthrough starts in your head before it shows up in your hands. You can't take new ground with an old mind. You can't cast out a mindset you've been coddling.

Read Romans 12:2, Joshua 1:8,

**Question:** What mindset have you been unknowingly holding onto that might be keeping you from the breakthrough you've been praying for—and what would it look like to confront it as spiritual warfare?

**4. *You Have to Learn to Trust God With What You Don't Understand.***

Trust is still required even when understanding isn't possible. "When you can't trace His hand, you can trust His heart." — Charles Spurgeon

Read Proverbs 3:5-6, Acts 4:28-31, and 2 Corinthians 10:5

**Question:** When have you had to trust God without understanding what He was doing—and how did that season shape your faith, perspective, or boldness?

## SUMMARY

In today's message, Pastor Chris challenged believers to confront limiting mindsets shaped by fear and survival. He taught that spiritual freedom begins with renewing the mind (Romans 12:2), not just changing behavior. He emphasized the importance of unlearning old patterns, filtering thoughts instead of fighting every one, recognizing that mindset is spiritual warfare, and learning to trust God even when understanding is out of reach. Breakthrough begins internally—and sustained transformation requires intentional thought, spiritual discipline, and bold trust in God.

## CALL TO ACTION

**Identify and Unlearn:** Take time this week to name one mindset or habit formed by fear or survival that no longer serves your spiritual growth—then ask God to help you unlearn it through prayer and scripture.

**Filter Your Thoughts:** Practice daily thought evaluation by using Philippians 4:8 as your filter. Each morning, write down one recurring thought and ask: Is this true, noble, right, pure, lovely, or praiseworthy?

**Choose Trust Over Clarity:** In a situation where you don't understand what God is doing, resist the urge to overanalyze. Instead, actively surrender it to God in prayer and declare Proverbs 3:5–6 over your life as a step of trust.

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## GROUP LEADER RESOURCE

### Dictionary

All you need is paper and a dictionary. Everyone has a piece of paper, and one person at a time has the dictionary. That person opens to a random page, finds a word they don't know, and announces it to the group. If nobody in the group knows the word, they can proceed.

Each person writes the word on a slip of paper and makes up a definition for it, except for the person who found the word (they write the actual definition). After writing, everyone turns in their definitions to the first person who proceeds to read all the definitions (fake and real) aloud to the group.

Everyone but the announcer gets one guess as to which definition is correct. After everyone has guessed, the announcer reveals the correct answer. If you guessed the correct definition, you get a point. If someone guessed your made-up definition, you get a point for each time it was guessed. If nobody guesses the correct definition, the person who originally chose the word gets a point. Then the dictionary is passed to the next person, and the process is repeated.