

Small Group Questions: Battlegrounds / The Mindset of a Warrior

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Read

2 Corinthians 10:4-5

Reflect

What is your mindset for 2024, and can it be changed? Pastor Greg Surratt discusses how we can control 40% of our happiness through actions, and gives three practical disciplines we can practice to learn to “rejoice in the Lord always,” as Philippians 4:4 declares.

Three Actions You Can Take to Improve Your Joy and Win the War for Your Mind:

1. Acts of Kindness

- a. What are some examples of how acts of kindness can have a bigger effect on the doer than the recipient?
- b. What would it look like for you to commit to one day a week that you will dedicate to doing five acts of kindness?
- c. Brainstorm some acts of kindness you can do.

2. Acts of Prayer

- a. When do you have a time in your day dedicated to prayer? If you don't already, how can you make this a habit?
- b. Do you approach God as a partner and collaborator? Why or why not?
- c. What tools do you use to pray?

3. Acts of Gratitude

- a. What are you grateful for today?
- b. In what ways has reciting what you're grateful for changed your mindset?
- c. How can you use habit stacking to add gratitude to an existing habit, like brushing your teeth?

Final Thought:

Your training in times of peace is the best predictor of your behavior during times of war. Which ONE of the three actions can you take that would make the most impact in your life?

Respond: Where is God leading you? How can your small group support you?