

# I Caught A Thought

## Conversation Starters

- If you could hear one person's thoughts for a day, who would you pick?
- Inside Elevation is this week! Churches from 11 countries will visit Elevation to learn about how we do ministry. If you could visit two countries, what would they be?
- Tell everyone to say their first thought out loud when you say the following prompts: color, book, food, song, and movie.

## Review

Ask eGroup members to share their favorite points from the sermon, what spoke to them, a phrase or moment from the sermon they related to the most, or questions they have. If members have a hard time recalling the sermon, talk through your notes and share your favorite points.

## Make It Personal

- On a scale of 1-10, how often do you catch a thought you don't want? (*1 is almost never, 10 is dozens of times a day*)
- Do you relate to any of these thoughts: I'm not enough; I can't do this; this won't work out; and, what if \_\_\_\_ happens. Which one of those thoughts do you relate to the most? What are some other negative thoughts you have?
- Read Numbers 13:26-32. The other spies with Caleb didn't believe they could take the land. When what's in front of you looks impossible, what thoughts do you usually choose to believe? What things, patterns, or people are driving those thoughts?
- Where thoughts come from determine where they lead to. Think about a specific negative thought you've had recently. Where is it leading to? Is that where you think

God wants you to be? (*Challenge your group members to talk about the difference between their negative thoughts and God's plans/promises for them.*)

- Often we can get “caught between two thoughts.” What does that mean to you? Where in your life are you caught between two thoughts — what are those thoughts? (*e.g., “I believe God will help me through this” versus “This problem is never going to end.”*)
- Read Matthew 8:5-10. The centurion had a thought of faith — he believed Jesus could heal his servant without even visiting him. If you were the centurion, what are some thoughts you would have been caught between? What about his response to Jesus inspires or challenges you?
- How can we identify which thoughts are from God and which aren't? Give some strategies you could use to help you the next time you're caught between two thoughts.
- Read 2 Corinthians 10:3-5. What does it mean to take a thought captive and make it obedient to Christ? How can we do that practically?
- Thoughts are strongholds. How have you experienced that? Share some good thoughts you need to catch (and how you can do that) so you can build a good stronghold.

## Act On It

This week, catch some thoughts! Pick one of these options to help you:

- Mastermind — this seven-day devotional based on Romans 12:2 can help you master your thought life.
- Take every thought captive — read this article to learn some tips to help you take your thoughts captive to Christ.

## PRAYER REQUESTS AND PRAYER

Ask eGroup members to share any prayer requests they have. Record any notes or prayer requests to pray for members during the week.



*Father, thank You for how this message is going to help us think thoughts that are in agreement with the good plans and promises You have for us. Help us identify the thoughts that have been holding us back so we can let them go, and help us catch the thoughts You want us to hold onto. In Jesus' name, amen.*