**LIFEGROUP STUDY**

**How To Train Your Brain**

**20211017**

**LEADER NOTES**

**OVERVIEW**

Welcome to our Creekside LifeGroup study series, “How to Train Your Brain”! What you think is what you are. The Bible tells us to think thoughts that honour God. For example, Philippians 4:8-9 teaches us that thinking God-honouring thoughts leads us into closer relationship with Him. But keeping our mind focused on God and His plan for us takes work. Our mind is being bombarded daily by information and influences designed to shape the way we think and live. The Bible warns us we have enemies that want to influence us away from God. They are the world, the flesh and the devil. Our enemies’ strategy is to flood our mind with lies, rather than God’s truth. The goal of this week’s study is to understand what the Bible teaches us about these lies. In this study, you’ll see how these lies started with the very first human beings, and you’ll identify some key ways lies show up in our lives these days. We choose what influences our lives. Will that influence be God or our enemies? As we identify the lie, we can take steps to train our brain, to honour God with our thoughts.

**ICEBREAKER** Two Truths and a Lie

Here’s a fun way to get to know each other more in group! Share two truths and one lie about yourself. For example – “I grew up in London.” “I went to school in Georgia.” “I used to be a Sumo wrestler.” OK, OK – maybe don’t make it that obvious! ☺ See if your group members can identify your lie!

**STUDY**

1. On Sunday, Ken talked about how Satan lies to us in TEMPTATION, ACCUSATION and MISINFORMATION. As a group, see if you can **define each of these. What example can you give for each?**

LEADER NOTE:

TEMPTATION: When we are enticed to engage with something outside of God’s will for us.

See James 1:13-14 Example – “I need this thing to make me happy.”

ACCUSATION: When we are labeled something outside of who God says we are.

See Job 1:6. Example – “I’m not good enough.”

MISINFORMATION:  Gossip, judging actions, judging motives, listening to teaching that is in conflict with clear biblical revelation and so on. See Matthew 7:1. Example – “She doesn’t like me.

1. Of these three, which do you see most in our world and in your life?

LEADER NOTE: Here is an opportunity for your group members to be open about the lies they experience.  It may be helpful to think about this question for each of the categories. For example – TEMPTATION – What temptations do they find themselves considering most often? How do they know it is a temptation? What ACCUSATIONS do they fall prey to most often? For example, “God doesn’t really love me,  God loves me but not as much as He would if I changed my actions and my thinking, I will never break free from this sin, etc”. What about MISINFORMATION . . . What lies have they listened to that can tear apart relationships? This may be gossip, judging actions or judging motives. What teaching or worldview are they buying into that is in conflict with clear biblical revelation etc. . . when we listen to them without testing them against Scripture and then we live a lie.

Now let’s look at how the first humans, Adam and Eve, were lied to by Satan.

READ: Genesis 3:1-6

1. What are some key ways we learn in this passage about how Satan tries to deceive us with lies?

LEADER NOTE: In this passage, Satan is described as a serpent, *the shrewdest of all the animals*. One of the key ways Satan deceived Adam and Eve was by **twisting the truth**. He asked, “Did God really say you must not eat the fruit from any of the trees in the garden?” Of course, God did not say this. God had blessed them with the fruit of many trees to enjoy. There was only one tree whose fruit He forbid them to eat . With this question, Satan twists the truth and casts doubt on the goodness of God. He makes it sound like God is depriving them. Then in verses 5 and 6, Satan **outright lies** to Eve about what the outcome will be of eating the fruit from the tree of the knowledge of good and evil (see 2:17). He says, “You will not die!” **Satan lies about the punishment and promises an outcome** that he can’t deliver on. He promises happiness and satisfaction outside of God. The truth is, these things can only be found in our Creator. These lie strategies are tatics Satan continues to use today.

**THE SEVEN DEADLY SINS**

Read Galatians 5:19-21 out loud in your group, then look at the “Seven Deadly Sins”. For each of these sins, ask the following questions:

* What lie is behind this sin? (note - there are a variety of answers)
* What Scripture warns about this sin? (note – there are a variety of Scriptures)

1. **PRIDE** – An inflated, unrealistic sense of your self-worth.

“Pride is giving ourselves the credit for something that belongs to God alone and keeping it for ourselves. Pride is essentially self-worship.” Got Questions – What is Pride?

LEADER NOTE: Here is an example of a lie behind *pride* and Scriptures that warn of this sin.

Lie – I am more important that others. I don’t need God.

Proverbs 16:18 – “Pride goes before destruction, and haughtiness before a fall.”

Psalm 10:4 – “The wicked are too *proud* to seek God. They seem to think that God is dead.” NLT

1. **ENVY** – The feeling that I deserve the possessions, success, virtues or talents of another person.

LEADER NOTE: Here is an example of a lie behind *envy* and Scriptures that warn of this sin.

Lie – It’s not fair that they have it and not me. I deserve it.

Scripture – “A heart at peace gives life to the body, but *envy* rots the bones.” Proverbs 14:30

1. **GLUTTONY** – An excessive desire for the pleasure of eating and drinking.

LEADER NOTE: Here is an example of a lie behind *gluttony* and Scriptures that warn of this sin.

Lie – The more I eat, the happier I’ll be.

Scripture – “Do not join with those who drink too much wine or gorge themselves on meat, for drunkards and *gluttons* become poor and drowsiness clothes them in rags.” Proverbs 23:20-21

1. **LUST** – A selfish focus on sex or a desire to have sexual pleasure with someone other than your spouse.

LEADER NOTE: Here is an example of a lie behind *lust* and Scriptures that warn of this sin.

Lie – I want her so I should have her.

Scripture – “But I tell you that anyone who looks at a woman *lustfully* has already committed adultery with her in his heart.” Matthew 5:28

1. **ANGER** – An excessive, improper desire to exact revenge.

LEADER NOTE: Here is an example of a lie behind *anger* and Scriptures that warn of this sin.

Lie – Getting even is what I need.

Scripture – “People with understanding control their anger; a hot temper shows great foolishness.” Proverbs 14:29

1. **GREED** – A strong desire for possessions, especially possessions belonging to another.

LEADER NOTE: Here is an example of a lie behind *greed* and Scriptures that warn of this sin.

Lie – To be happy and fulfilled, I need more.

Scripture – “Watch out! Be on your guard against all kinds of greed; a man’s life does not consist in the abundance of his possessions.” Luke 12:15

1. **SLOTH** – Lack of effort in the face of a necessary task, causing it to go undone (or done badly).

LEADER NOTE: Here is an example of a lie behind *sloth* and Scriptures that warn of this sin.

Lie – I don’t feel like doing it, therefore I don’t need to.

Scripture – “Take a lesson from the ants, you *lazybones*. Learn from their ways and become wise!” Proverbs 6:6

1. **What is a key takeaway for you from this study?**

**PRAYER**

* Ask God to grow the awareness of lies in your life. The goal has been to identify the lie.
* Ask God to guide our Creekside leadership team as we continue to Reboot as a church. Ask Him for wisdom and success as we help people FOLLOW JESUS, LOVE GOD and LOVE PEOPLE.

**HALLOWEEN HYGIENE DRIVE FOR RAY OF HOPE!**

<https://www.creeksidechurch.ca/fall-drive/>

Hey LifeGroups – here’s an exciting opportunity for your LifeGroup to get involved in a great cause this fall! Our LifeGroups have been challenged to a collection contest by Jon Hill’s LifeGroup to see how much we can gather this fall for our local missions partner, Ray of Hope! (Read more here about Ray of Hope’s Community Centre <https://www.rayofhope.net/need-help/community-support/>)

Here’s the challenge. Between now and October 31st, your LifeGroup will gather the following items for the MarketPlace “store” at Ray of Hope.

Have someone in your group keep a record of the items your collect, then bring the items to Creekside on a Sunday (Oct. 17, 24 or 31) or drop off during weekday office hours.

Involve and Invite! Invite your friends, neighbours and co-workers to get involved with this challenge by telling them about the project. Invite them to participate and make a positive difference in the lives of people in need in our downtown core.

ITEMS LIST

**1.**   regular sized deodorant

2.     formula

3.     shaving cream

4.     razors (men and women’s)

5.     diapers (size 3 and up)

6.     toothbrushes

7.     toothpaste

8.     shampoo and conditioner

9.     toilet paper

10. towels

11. soap

12. Q-tips

13. Lotion