**LIFEGROUP STUDY**

**How To Train Your Brain**

**20211017**

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

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?

**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 or lies is behind this sin?
* What Scripture warns about this sin?
1. **PRIDE** – An inflated, unrealistic sense of your self-worth.
2. **ENVY** – The feeling that I deserve the possessions, success, virtues or talents of another person.
3. **GLUTTONY** – An excessive desire for the pleasure of eating and drinking.

1. **LUST** – A selfish focus on sex or a desire to have sexual pleasure with someone other than your spouse.
2. **ANGER** – An excessive, improper desire to exact revenge.
3. **GREED** – A strong desire for possessions, especially possessions belonging to another.
4. **SLOTH** – Lack of effort in the face of a necessary task, causing it to go undone (or done badly).
5. **What is a key takeaway for you from this study?**

**PRAYER**

* Ask God to grow awareness of lies in your life. The goal is 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 or 24) 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