



HOW DO I LOOK?

CHANGE YOUR MIND

In the garden of the mind, our thoughts are constantly growing. Some we want, others we do not. As the gardeners of our own minds, we must think about what we think about, weed out the thoughts that poison our minds, and allow the Word of God to shape how we look.

GOD IN REAL LIFE

This week, plant a fresh garden. Assess and till the soil. Seed and weed it *with* Him. Soak it with His Word.

Invite a friend or family member to join you!

TO THE HEART

"Have in you also the same attitude that is also in Christ Jesus."
Philippians 2:5

DISCUSSION REFLECTIONS

1. What is one thing that you are good at? What is one thing that you are bad at? Please share.
2. If you can choose your thoughts, you can change your thoughts. Do you believe that you have the ability to change your mind? What are some of the benefits to that, and what are some of the challenges?
3. Using the analogy that your mind is a garden, and you are the gardener. What is the "soil" of your mind like? What is the vision for your garden? What thoughts do you want to tend and nurture and what thoughts do you need to weed out? Being specific, please share.
4. When you identify the origin and the purpose of the lies and the negative thoughts, you then let Jesus assist you in pulling those weeds: "In the name of Jesus Christ, I reject the lie that I {insert lie/negative thought here}." Is it difficult to let Him help you with a task like this? Why or why not?
5. For the garden of your mind to "be of the same mind" as Christ, as Saint Paul writes in the Second Reading, you must soak your soil with His Word. What is one practical way that you can spend more time with the Word this week? Who is someone that can hold you accountable to putting that plan in motion?