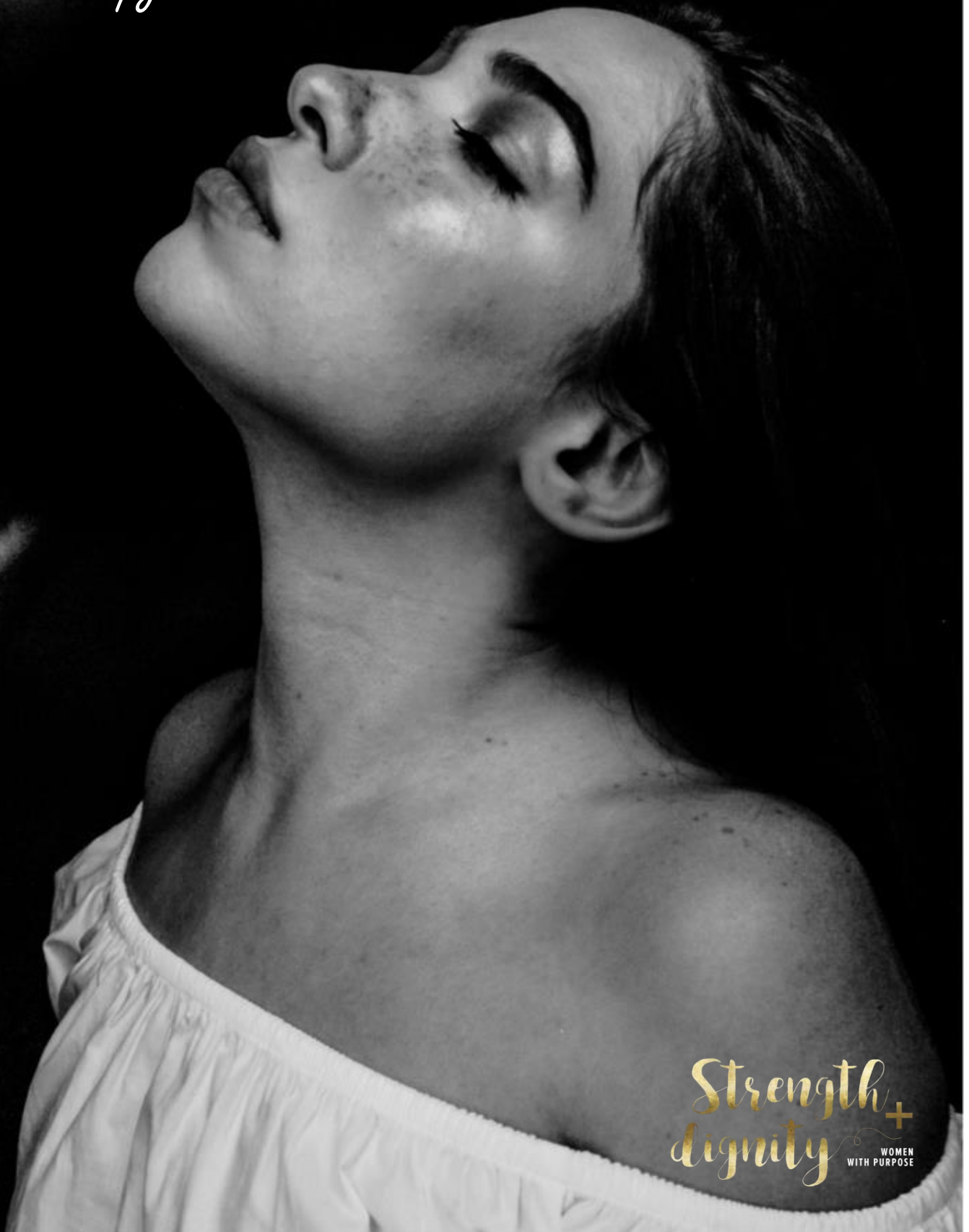


# Mindsets

Leaders copy



Strength<sup>+</sup>  
dignity

WOMEN  
WITH PURPOSE



(Watch second AV clip 'She thinks with purpose' 3:42 mins, encourage ladies to take notes then discuss as a group).

Notes:

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(Read aloud). I wonder what uninvited "guests" need to be exposed to the light in your life?

**Ephesians 5:13** Amplified Bible - *"But all things become visible when they are exposed by the light (of God's precepts), for it is light that makes everything visible."*

Did you know that you have power over your thoughts? That you can think with purpose? As we expose the uninvited thoughts to the light, they will have to flee.

We need to be purposeful with our thoughts. Purposeful about what we think about. We don't have to take hold of every thought as not all our thoughts are necessarily the truth. We need to challenge our thinking.

Ask yourself:

Is this thought from God or is it uninvited?

Is this what God would say?

It is ok to say "No" to certain thoughts. We don't have to accept every thought that goes through our minds.

(Read and discuss the following question).

**Q** What are some ways we can be purposeful in our thinking?



**(Read aloud). Proverbs 23:7NKJV** - *"For as (s)he thinks in his (her) heart, so is (s)he."* (brackets added).

Therefore, we need to be able to know what thoughts are uninvited, and what is the mind of God, for us.

We do this by renewing our mind by the Word of God and taking every thought captive.

**2 Corinthians 10:5 NKJV** – *"...casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ."*

Our thoughts definitely do affect our actions. Our internal dialogue matters. As the saying goes, "What we put in, is what will come out." What we think about, dwell on and give time to, will come out in the way we live our life, in our actions, speech and the way we treat others. This is why the bible tells us to "renew our minds" then we can think with purpose and have the "mind of Christ."

Some ways we can do this is by spending time with God and letting the Holy Spirit talk to us. By listening to worship music or a sermon. At times we need to be listening not thinking. Our thoughts can crowd out the things God is trying to tell us. We need to quiet our minds and allow that space for God to speak, we need to be actively listening.

**Romans 12:2** New King James Version – *"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."*

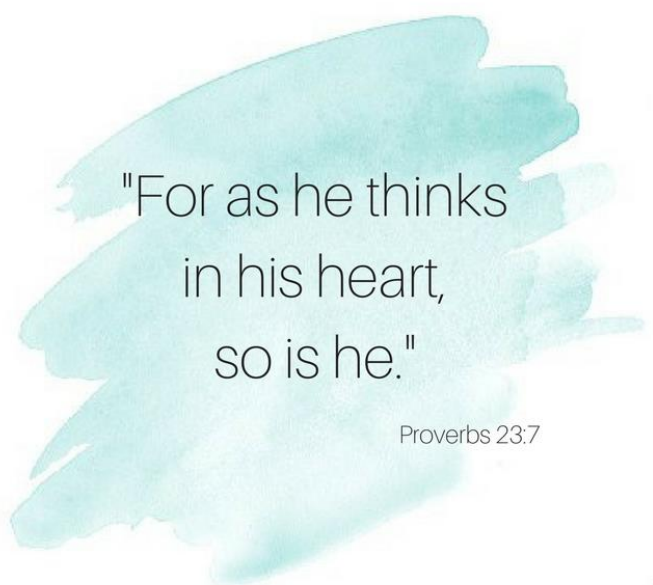
By knowing what we think, examining it, and bringing it into the light, we can renew our minds and control what we think. Having the 'mind of Christ' and living accordingly.

*She thinks with Purpose...*

Encourage the group to take a look at the extra study and website:

[www.strengthanddignity.co.nz](http://www.strengthanddignity.co.nz)

Wrap up lesson three and give details for the time and date of next Strength and dignity – Women with Purpose session.



"For as he thinks  
in his heart,  
so is he."

Proverbs 23:7



## Extra Study – Zoey Penwarden

Strongholds are ingrained thought patterns or ideas. These can be good or toxic, life giving or death! These are creatures of the dark, uninvited guests that have made themselves a home in your mind, you didn't invite them, and you may not even remember when or how they got there. But it's eviction time!

Remember you can choose what you think about; you do have control over your thoughts. Continue to ask yourself these questions concerning what you are thinking.

Is this a healthy thought for me or a toxic thought?

Is this from God or is this uninvited?

Is this what God would say?

**2 Corinthians 10: 4-5** NKJV– *“For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.”*

As we begin to renew our minds, receive the good and healthy thoughts of God for our lives, we will prosper, our actions will change because our thoughts are changed and we can live life to the full.

Jesus said *“I have come that they may have life, and have it to the full.”* (taken from John 10:10).

**Ephesians 5: 6-13** Amplified bible – *“Let no one deceive you with empty arguments [that encourage you to sin], for because of these things the wrath of God comes upon the sons of disobedience [those who habitually sin]. So do not participate or even associate with them [in the rebelliousness of sin]. For once you were darkness, but now you are Light in the Lord; walk as children of Light [live as those who are native-born to the Light] (for the fruit [the effect, the result] of the Light consists in all goodness and righteousness and truth), trying to learn [by experience] what is pleasing to the Lord [and letting your lifestyles be examples of what is most acceptable to Him--your behaviour expressing gratitude to God for your salvation]. Do not participate in the worthless and unproductive deeds of darkness, but instead expose them [by exemplifying personal integrity, moral courage, and godly character]; for it is disgraceful even to mention the things that such people practice in secret. But all things become visible when they are exposed by the light [of God's precepts], for it is light that makes everything visible.”*

If you knew your thoughts were so important, how would you think with purpose?