

WEST RIDGE GROUPS

Group Member Discussion Guide

Week of August 3, 2025

CHECK-IN (~20 minutes)

How was your week? What was the high part of your week? What was the low part of your week? What can we celebrate together?

MESSAGE SUMMARY

This week, Pastor Brian kicked off a series entitled *Mindfield*, focusing on the spiritual and emotional battle for our thoughts. Drawing from 2 Corinthians 10:3–5, he explained how Satan’s most destructive work happens internally through lies that lead to emotional landmines and strongholds in the mind. These strongholds—rooted in past pain, present sin, and future fears—are built on false narratives that keep believers emotionally stuck and spiritually ineffective. Through Jesus, believers have divine power to demolish strongholds by capturing, questioning, and replacing toxic thoughts with truth, standing in their identity in Christ, and using prayer and Scripture as spiritual weapons.

GROUP DISCUSSION (~50 minutes)

1. Thinking back to the message this week, was there anything that challenged you personally? Share your thoughts with the group.
2. Read 2 Corinthians 10:3–5
What does it mean to “take every thought captive to obey Christ”? How do we practically capture and confront unhealthy thoughts in our daily lives?
3. Read Genesis 3:9–11
Which lies from your past, present, or future have you struggled to believe? What “Who told you that?” questions might God be asking you today?
4. Read Colossians 2:9–10 and Romans 8:1
How does your identity in Christ help you fight mental and emotional battles? What truths about your identity do you need to remind yourself of this week?
5. Read James 4:7–9 and Ephesians 6:17
What spiritual weapons are you using (or neglecting) in your battle for the mind? How can repentance, prayer, and Scripture be part of your daily routine for victory?

WRAP-UP (~10 minutes)

It is important to be growing in our relationship with Jesus and one another - what is one next step you can take this week to grow? Share with the group and commit to holding one another accountable.

What does it look like to hold each other accountable? It can be as simple as a text or phone call during the week. Hebrews 10:25 encourages us to meet regularly and to encourage one another on a regular basis.

Example: "Hey _____, you indicated in group this week that you were struggling at work with being light in a dark place. You said that your next step was to start a conversation with someone at work this week around the topic of faith. How did that go?"

PERSONAL NOTES

This week, my next step is:

This week I am going to check in on (name):

This week, my Bible reading will be (e.g. Philippians chapters 1-4):