

Get Out Of Your Head Discussion Questions

Chapter 1 -- Thinking about Thinking

- What are the unhealthy thought patterns that keep getting stuck in your head?
- How have those thought patterns shaped the way you live?
- Go to page 9 and using the spiral graph, try and chart an EMOTION that led to a THOUGHT, that turned into a BEHAVIOR, that played out in a RELATIONSHIP, that resulted in a negative CONSEQUENCE.

Chapter 2 – What We Believe

- What are 2-3 lies you have believed about yourself that has promoted and produced self-hate in your mind?
- What are 2-3 truths about yourself that can counter those lies?
- Find Philippians 4:8 and take a moment to read it, meditate on it and then write it out. Next to the verse, write down things that are true, honorable, just, pure, lovely and commendable and most importantly write out a few things that are worthy of giving praise to God.

Chapter 3 –Spiraling Out

- What are some natural and most obvious doubts in your mind that you tend to wrestle with?
- What fears do you have in your life that tend to feed those doubts?
- How can your faith in God help to counter those doubts? Why is faith important in this particular area?
- Read James 1:5-7, why do you think James refers to the person who doubts like a **wave of the sea**.

Chapter 4 –Breaking Free

- Jennie references Psalms 139 (pg. 28) as the portion of scripture she memorized that deeply comforted her in the midst of her angst and wrestle. How can understanding the presence of God, as communicated in this Psalm, bring us comfort in our angst and wrestle?
- The unholy trinity which includes; the world, our own flesh and the enemy of our soul (Satan) is constantly waging war against us as Christ followers. In what areas of our lives have we allowed these three opponents to distort our thinking?
- What Biblical truths can help us counter the world?
- What Biblical truths can help us counter our flesh?
- What Biblical truths can help us counter Satan?

Chapter 5

- Why is understanding you have power over what you allow into your mind the first step toward change?

- Read 2 Corinthians 10:3-5 a few times and identify the arguments and lofty opinions that you are believing that are raised against the knowledge of God. After you identify the lie you're believing, look for the combative truth found in the scriptures. What is one lie you're believing? What is the truth of scripture you've found?
- What do you fixate on? false and true? Consider the chart on page 44. How have you seen your emotions that lead to thought, behavior, relationship, and consequence shape your relationships around you? good or bad?
- Why does taking personal responsibility over our thinking catapult change?
- How are you setting your mind on the Spirit? How can you do this better in community?

Chapter 6

- What is one specific thought pattern that you've believed to be unchangeable?
- Consider the Mental Story Map on page 53 and complete it. What is the overwhelming feeling that you're experiencing that you've identified?
- After completing the story map, what are lies that you are believing about God, yourself, or others?
- What are some truths?
- How is taking a thought captive to obey Christ different than the self-help mechanisms offered today?

Chapter 7

- Think of a time where you have watched a specific thought birth an action/way of living. How have you seen your thoughts positively or negatively affect your relationships?
- When it comes to lies we believe, who is typically at the epicenter? Are they lies about God, yourself, or others? What are 2-3 lies? What are 2-3 truths (found in scripture)?
- How does believing that God has ultimate victory catapult us to walk in victory over our thinking?
- What is one area in your thought life that you do not believe God, through His Spirit, can change?

Chapter 8

- When your thinking begins to spiral, who do you go to first?
- What does your time with the Lord look like on a weekly basis?
- Consider the three options on page 71 that cause us to avoid God in his word, which one do you identify with most? (the fear of being put to work, the fear of being asked to change, the fear that you're alone in the world)
- Are we attending to our fears or to our God?
- On page 82, Jennie compares two ways of thinking. The *[Negative emotion] because [reason]* model and the *[Negative emotion], and [reason], so I will [choice]* model. Consider your thinking and give 1-2 examples of each. How does remembering the truth of what God says help shape our ability to love others better?

Chapter 9 - Lifelines

- In what areas do you feel alone and tempted to hide in shame?
- What Biblical truth can you remember to combat these thoughts?
- Who could you share and connect with this summer to build community?
- What is one thing you can work on to be the friend you wish others would be for you?
- Is there a “last 2 percent” (p104-105) that you need to share with a trusted friend?

Chapter 10

- What are the worries and “What ifs?” in your mind lately? (P109-110)
- What Scripture can you hold on to that encourages you to choose truth over the lie and fear? Be specific.
- Use the diagram on p. 115 to capture your thoughts and feelings. Practice this thinking habit when you find yourself spinning.

Chapter 11

- Share of a time when you last sat in awe of something, someone, a truth, and/or a beautiful scene. What was your wonder and delight in that moment? How can being in awe of God become a regular rhythm for you?
- Where do you find yourself having cynical thoughts? What hurt is your cynicism revealing?
- Why is it difficult to believe that God is working for your good? What truth about God do you need to hold on to in this area?

Chapter 12

- Read and think on Philippians 2:5-11. What strikes you about Jesus’ humility?
- In what area are you being consumed with thoughts of yourself and the desire to be great? Or, in what areas are you feeling self-pity and not recognizing your self-focus?
- Who can you choose to serve this week to help find joy in serving others and not yourself?
- Discuss “The Upside of Humility” on pages 156-164. Pray and ask God for help to choose the pleasure of humility.

Chapter 13

- What stuck out to you about the list of benefits gratitude provides on pages 169-170? Why is it so hard to be grateful when life isn’t going the way we think it should?
- What are some areas that you struggle to be grateful in? Can you identify the lies you are believing regarding the circumstances?
- How can you fight for gratitude this week? What truth will you hold on to?

Chapter 14

- Consider the quote from DA Carson on page 188. What do you find yourself drifting toward in your daily life? How does this quote and the idea of complacency challenge you?
- In what area of your life can you choose service over complacency?
- Who is someone you can intentionally serve this week and how will you serve them?

Chapter 15 -- Who Do You Think You Are?

- What does it mean to have the *mind of Christ*?
- Read 1 Cor. 2:14-16, "Why do you think Paul wants us to understand the importance of having the "*mind of Christ*?"
- How should obtaining the *mind of Christ* inform our decision-making and thought process?
- (Pgs. 214-216) Take a moment to read, meditate on and write 3-4 of the truthful verses that remind us of who we are in Christ. Which one will you challenge yourself to memorize?

Chapter 16 –Dangerous Thinking

- What example of brokenness from your past or current season made you feel almost certain that God would not restore?
- How did that ignite your faith to trust God more? What ways did you share that with others? How can you use your current struggles to help others?
- How can you use this book, your stories and struggles to build community? Who is one person that can benefit from this and how will you engage them?