

Lesson 2

When your mind is starving

Read

Read Chapter 1 of Twelve Inches

Discussion

1. Do you agree that as Christians, our minds are often starving? Which one of the three “culprits” that I point out in this chapter do you think is the most insidious and dangerous:
 - a. To our Society?
 - b. To the Church?
 - c. To you, personally?
2. In the Age of Facebook, Twitter and all things Social Media, how do you think these channels can be used by the enemy to crack our faith bridge?
3. “We’re able to waste time nosing around or inflating our egos on social media walls and yet have a hard time finding fifteen minutes of quietness before our God. Social media is a wonderful way to stay connected to the people in our lives. But it cannot become more important than our connection with God. If we are to listen to what He has to say to us, we must learn to unplug. Be still, and patiently wait to hear from Him.” (p.4) Did any of the social media insights in particular resound with you? Which one and why?

8. “My God-given to do list of four measly items had one check on it at the end of the day. I was distracted by too much information and mystified by celebrities’ glitter. Thus one day ended.” (p.9) Have you ever had days like these? Have you ever thought of it as a problem? What are the problems that happen when we get that distracted in any given day?

9. “As I asked God to reveal the things in my life that were preventing me from having the abundant life that He has promised, I was honestly expecting the usual answer: read your Bible more, pray more. Instead, a strong conviction set in: I was feeding my mind with too much junk. Before anything else, I was to take inventory of what was allowed into my brain. Wholesome and faith-filled thoughts cannot thrive and win in a mind that is filled with garbage or empty thoughts.” (p.12,13)
 - a. Did this chapter convict you? If so, list the things you believe God is telling you to change regarding what you feed your mind. Then pray that He will help you have the strength to do it.