

REAL WOMEN

Fall 2020 Study: Get Out Of Your Head by Jennie Allen Session 1, Week 1



1. What do you find yourself thinking about the most?
2. Do you ever feel like God has wronged you? Describe.
3. What could shift in your life if your thoughts weren't chaotic?
4. What keeps you from believing you can control your thought life?
5. How are you and Jesus right now?
6. What are you hopeful for as we begin this study?
7. Describe a time your mind was at peace and trusting God.
8. How can we make our group a supportive and safe place to share?
9. From Jennie's teaching, what was most convicting?
10. Do you have any experiences with "self-help"? How did that go? How do you expect this to be different?
11. What are the possible consequences of never learning to take our thoughts captive?
12. Do you believe you have power over your thoughts? Explain.
13. If you're comfortable, share a recent "spiral" you went into, when you felt like your thoughts were out of control.
14. Do some thoughts tend to paralyze you? What are they?
15. How can we commit to praying for and fighting for each other during this process?