



ATTENTION

Obsessive-Compulsive
Perfectionist
Control-Freaks

C.H.I.L.L. O.U.T.

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Week 1

Change The Way You Think

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Romans 12:1-2

The challenge to CHILL OUT doesn't have a soft start. This isn't an easy change to make so the things we need to change to turn the boat around aren't easy either. For the first point on the acrostic, we must focus on changing the way we think. In Proverbs it says, "As a man thinks, so he is." Those things that we choose to allow our minds to ponder and even ruminate on define who we are. Do we constantly think about the things of the world or the things of God? It's really that simple. It's not complicated, what we think about matters. In fact it charts our life's course.

Our enemy is the master of distraction. He knows that our thoughts impact our behavior, our decisions. He knows. He knows that when we think on the Truth of God's word, His faithfulness, goodness and grace, we walk in peace and love. In contrast, when we think on the worries of the world, the priorities of the world, the temptations of the world, he knows that we are vulnerable and open to stress and anxiety, bitterness, resentment and even hatred.



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Here in Romans 12, the apostle Paul admonishes us to change the way we think. Remember the Romans outline, its author's challenge comes in light of the his earlier discussion of sin, salvation, and sanctification. Here in the last part of the book, Paul is offering us the opportunity to respond to God's mercy and grace, not with an attitude of 'have to' but 'get to'.

For further consideration and study:

The theme of Romans is actually found in the Old Testament book of Habakkuk 2.4. What does this verse say? How is it related to the focus verses in Romans 12.1-2?

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Review the Romans outline and the significance of each section. You might want to note key verses.

Sin - Romans 1-3:20

Salvation - Romans 3:21-5

Sanctification - Romans 6-8

Sovereignty - Romans 9-11

Service - Romans 12-15:36

Paul suggested that we do three things in this passage. Note your personal obstacle for each. What prohibits your ability to do follow through on these? In other words what are you doing instead of doing these?

Offer body as living sacrifice:

Stop conforming to the world:

Renew mind:



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Romans is considered the foundational book of doctrine in the New Testament. The 'Roman Road' is often used to evangelize. There is some variance to the Roman Road. Here are a couple of articles which would be helpful to study and know. Write out one of the verses and work to memorize it so that you can share it with others. If your children are not yet saved, you can share it with them. If they are saved, consider teaching it to your children!

[The Roman Road to Salvation](#)
[Becoming a Christian](#)

How is what Christ called the greatest commandment related to our discussion here? See Matthew 22:37; Mark 12:30; Luke 10:27) What does it mean to love the Lord your God with all your mind?

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Ephesians 4:8 lists characteristics of what we should be thinking about. List them. In light of these, what are some things you could do practically to focus your mind on the things of God?

Here are some other verses on the importance of our thoughts:

Acts 17:22-33 (key vs 29)

Romans 2 (key vs 4)

Romans 12:3

I Corinthians 13 (key verse 11)

Ephesians 3 (key verse 20-21)



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I Corinthians 10:5 commands us to “take every thought captive and make it obedient to God”. What does that mean? Are there some thoughts that the enemy is using to distract you from the things of God? What lies is he trying to sell you? What would it mean to take those thoughts captive and make them obedient to Christ? Who does He say you are in light of who He is? (Check out Ephesians 2)

Finally, how does all of this relate to chilling out? What are you thinking wrong about? Are there expectations that are causing you to be uptight and frustrated? What do you find yourself thinking about?