1. Your mind is a powerful gift of God. What are the activities of the mind? What is the mind capable of?

2. Do you have a choice in what your mind thinks? Explain!

3. Psalm 1:2 says that a truly happy person delights in and meditates on God’s commands day and night. How could you begin (or continue) to do that?

4. What are the benefits if you fill your thinking with God’s word? (v.3; comp. Joshua 1:8)

5. Read Philippians 4:6-8. How can you keep your mind at peace? What do you need to do?

6. How can you express your love to God by what you think?

7. Share three ways that you can love God with your mind this week.