

## **Losing Our Minds Small Group Guide**

**Warm-up Question:** (Choose one, make up your own, or skip this part all together, depending upon the nature of your group.)

1. What's something you are aware of that is crazy but true?
2. Describe a time when you completely misread or misunderstood a situation.

**Read the following passage:** Read Romans 1:18-32.

After laying out the theme of his letter in Romans 1:16-17, Paul begins his exposition of the Gospel in Romans 1:18-32. Although the word Gospel means "Good News," what Paul has to say in these verses doesn't sound very much like good news. This is because he first wants to establish the universal human need for salvation before explaining how we can have a righteous standing with God through Jesus Christ. So in these verses Paul describes the human descent into sin as manifested in the Gentile culture of the Roman Empire. (He will go on to address Jews in Romans 2 and 3.) Paul's description of human sin includes a number of references to our minds, and Paul makes it clear that our suppression of God's revelation profoundly affects our mental world.

**Questions for Discussion** (Choose several that are relevant for your group):

1. What are some of the most significant influences on your inner "thought-world" (people, media, etc)? What are some ways you think your inner thought-world is healthy, and what are some ways you think it could improve?
2. Read Deuteronomy 11:18-21. According to this passage, what does God want to shape our minds and emotions? What are some ways that being disconnected from God might affect the way we think? To what extent do you think the knowledge of God is currently shaping your thought-life?
3. Paul argues in Romans 1 that when the Gentile people of his day suppressed God's self-revelation, their worship was affected. They still worshiped, but their understanding of deity was twisted and increasingly reflected created things. What are some common ways a right understanding of God gets twisted in our culture? What are some typical "substitute" gods that serve as objects of worship? What (besides God) do you find yourself prone to making ultimate in your own life?
4. Describe some ways you see "self-worship" manifest in our culture, or your own life.
5. Why do you think sex is such a significant aspect of the human experience? What are some of the biggest cultural influences on our understanding of and feelings about sex? What are some common perspectives on sex or sexual practice that you think are at odds with God's pattern for sex as revealed in the Scriptures? How can we build a healthy perspective on human sexuality?

6. Read Romans 1:28-31. Which of the items in this list do you find particularly prevalent in our culture? Are there any that are a challenge for you personally?
7. Paul wrote that the proper response to God's revelation is to glorify Him and to give Him thanks. What are some ways that glorifying and giving thanks to God might impact our minds in a positive way?
8. What are some practical things you can do to help shape your mind in a positive and "godward" way?

**Pray**