

Small Group Lead Notes-Lesson 4

- Ppt1: four:one Journey – Lesson 4
 - Have this opening ppt. Up each week as participants arrive, to provide a sense of welcome and readiness for the upcoming session
- Follow the outline on Page 4-3 for the Welcome & Prayer
- Address unfinished material from previous lesson if necessary
- Discuss homework completed from previous lesson.

Lesson 4 – The Working of the Brain & the Mind

- **Prepare**
 - **Take away**, point out to the students that our spiritual life does not trump our biology – they are interconnected.
 - Point out that understanding the working of the brain and the mind is a very complex subject.
 - As you watched Dr. Curt Thompson, did you capture any notes on which you'd like to comment?
 - What thoughts or emotions come to you when you heard that our spiritual and our biological being are interconnected?
 - Are there any other insights you'd like to share about your behavior or emotions and the connection with how God designed your brain to work?
- **A simple explanation of the formation of the Brain and Nervous system**
 - Have you ever been curious of how often the Bible addressed the topic of the mind?
 - Dr. Curt Thompson reminds us that our brain was created from the “bottom up, and from the right to the left.” Interestingly enough, we (our minds) are also developed in the same order. This is why, in a previous video, Troy & Melissa Haas stated that “we learn to trust before we learn to love.”
 - Ppt2, 3, 4, 5: It has likely been a long time since you studied the brain in a high school biology class. **(SGL Note: walk thru 4-4, 4-5 & 4-6; don't spend a lot of time here, but only enough for an appreciation for the complexity of God's design)**
 - Any new insights from pp 4-4, 4-5 or 4-6?
 - What thoughts do you have about God when you see the intricacy of the brain and how it develops?
 - Does it give you a new appreciation for God's created power and the beauty of His creation?

- **The Importance of Integrating our Biology to Scriptural Principles**
 - Any thoughts or questions you have regarding how to renew your mind, how to take a thought captive or how one girds their mind for action?
 - In Philippians 4:8, the Apostle Paul provides a series of phrases the reader should be intentional about. He instructs that our minds should “dwell” or reflect on the these things.
 - Ppt6 Would someone please read Philippians 4:8?
 - What does it mean to “dwell on these things?”
 - Do we simply repeat things because they are right? Or do we dwell on these things (repeat them) because we BELIEVE them?
 - In the video for this lesson, Dr. Thompson placed emphasis on the idea of **practicing** new behavior. He also used the word “intentionality.”
 - Ppt7: Would someone please read 2 Corinthians 10:5?
 - How might practicing or becoming more intentional come into play in following 2 Corinthians 10:5?
 - Ppt8: Read 1 Peter 1:13 tying together “girding the mind” with the intentionality (and belief) to do so!
 - Thus far in your Four:One Journey, does anyone have a victory to share regarding a renewed path forward for you?
- **The Integrated Mind**
 - Ppt9: On p. 4-9 is listed the 9 functions of the Pre-frontal Cortex.
 - Reflect for a moment on the amazing way God has created our brain’s capacity...And that we “do” these 9 functions, many times in an “auto-pilot” fashion.
 - As you study these reactive behaviors, consider which ones you believe are working well (biblically) and which ones are not? **(SGL Note: don’t get too bogged down here; save that for the Four-Step Process for Overcoming Reactive Behaviors)**
- **The Four - Step Process for Overcoming Reactive Behavior**
 - Ppt10: Can you think of anything more profitable than over-coming reactive behavior?
 - Let’s pay close attention to this section
 - Ppt11: **(SGL Note: Although these are all in the Student Manual, the power point may be helpful for these concluding points)**
 - Ppt12, 13, 14, 15, 16, 17

Recap The Lesson

- Review the Take Away from the Prepare Page

- Encourage them to review the component of an Integrated Mind as well as the Four Step Process as part of their Homework

Practice and Homework Application

- **Ppt 18:** Point out to the students the “Who am I? list on pages 4-18 and 4-19.
- Remind them that this list relates to their new way of thinking and believing from God’s perspective.
- Acknowledge that this lesson produces a real struggle (the old way vs. the new way; the old man vs. the new man). Encourage them to invest the time in practicing what they have learned.
- For next week, remind your participants that pp 5-5 through 5-11 may require some extra study time, and will be important for our discussion next week.
- Pray that God will honor their faith and obedient hearts.