



DECLUTTER YOUR MIND

Course Discussion Questions

What do you do when you receive information, or have a problem that you cannot control? What would it look like to surrender that control to God? What goes on in your mind and body when you have issues that you cannot control? How does it make you feel?

Have you ever stayed in victim/self-pity mode? How did it help in your conversation with others? How did it help in healing yourself? If you stay in victim/self-pity mode, how does it make you feel? How does it make others feel? Do you feel you should be responsible for your healing and the offenses that have been taken against you?

How does being around toxic people make you feel? What do you do about it? How does others feel being around you when you complain and conjure up a negative spirit? What could you do differently when negative feelings arise? What are you doing now? What triggers negativity for you?

Do you judge and criticize others? If so, why? If not, why not? How would evaluation and humility change a person that judges? How would it change you?

When was the last time you judged someone else? How did it make you feel then? How does it make you feel now? What could you have said or done differently? What would happen if someone judged you for the same thing? What would you say, do, and think? How would you feel? Why does judging feel good?

When you are anxious, and your thoughts are all over the place, how does it make you feel? How does it make others feel?

Have you ever come up with a plan for organizing your thoughts? If you did, are you still following the plan. If not, why did you eliminate a plan? How does not having a plan make you feel? Why?

When you first have a thought, what do you usually do with it? What would happen if you did something different? What happens when you suppress your thoughts? What happens when you deal with your thoughts? How do others react when you positively and negatively deal with your thoughts?

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