

SMALL GROUP LEADER'S GUIDE

# Make Up Your Mind

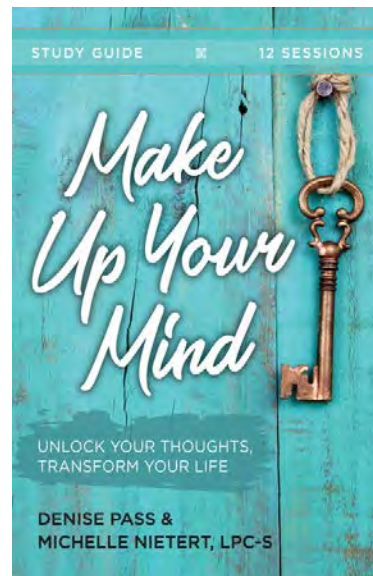
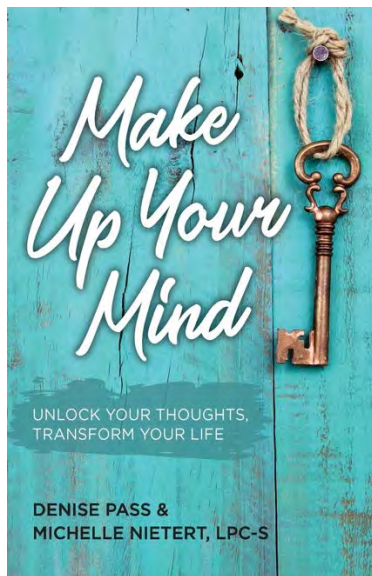
UNLOCK YOUR THOUGHTS,  
TRANSFORM YOUR LIFE

**DENISE PASS &  
MICHELLE NIETERT, LPC-S**



# Make Up Your Mind

## Small Group Leader's Guide



© 2022 Denise Pass and Michelle Nietert

Published by Randall House & D6 Family Ministry  
114 Bush Road  
Nashville, Tennessee 32717

[randallhouse.com](http://randallhouse.com)

# Greetings!

Thank you for joining us on this adventure of freedom in our minds as we learn how to apply the principles found in the book *Make Up Your Mind: Unlock Your Thoughts and Transform Your Life* with the companion book *Make Up Your Mind: Study Guide*.

In this leader's guide, Denise Pass and Michelle Nietert give tips to leaders of small groups. Below are the four main sections for each time you gather to lead this study.



Watch the Video

*The URL link to the video is available in Make Up Your Mind: Study Guide.*



Thoughts for the leader

*This section offers a tip from Denise as you walk through each week.*



For Discussion

*This is a starting place for discussion with the group.*



Counselor's Corner

*This is Michelle's space to give you a counseling tip for each week.*

# Make Up Your Mind Small Group Leader's Guide

## Why Are You Here?



### Week 1



Watch the Video



Thoughts for the leader

As you lead your group through this first week, help them to lay a foundation for transformation of their mindset. Take time to take the Mindset Quiz if they have not already so they can get insight into the mindset struggles they are dealing with. (The quiz is available on [www.makeupyourmind.today](http://www.makeupyourmind.today)).



For Discussion

We are often unaware when a mindset shift happens. God's question to Elijah is a question we need to consider this week: Why are you here? This week, set up a battle plan for yourself. Like the question that God repeated to Elijah, if we have a plan of accountability with questions to remind us of what we believe, we can hold onto our beliefs and not stray.

- 1) As part of your Mindset Battle Plan, what are some questions that you can ask yourself to help to snap yourself out of negative mindsets? Let's brainstorm together and write down some questions in your Study Guide in the notes section of Week 1.
- 2) What are some Scriptures that will help you in your Mindset Battle Plan? Jot those down in your Study Guide at the end of Week 1.
- 3) Let's review Week 1 in our Study Guide. (Go through the questions you want to cover in all five days).
- 4) What are the responses to the Weekly Wrap-up Reflection Questions in the Study Guide?
- 5) What key thought, verse, or change are you making because of what you have learned this week? Commit to this by writing it down in your Study Guide.



#### Counselor's Corner

Share with your group what you learned from the Mindset Movements.

What battles do you feel like you may be losing in your mind?



# Make Up Your Mind Small Group Leader's Guide

## The Angry Mindset



### Week 2



Watch the Video



Thoughts for the leader

This week, help your group to consider the impact that offenses have on their relationships. Explore what are some unhealthy ways that people deal with offenses. Shunning, unforgiveness, gossiping, bitterness, and anger. If these behaviors are not checked, they become strongholds and mindsets in our lives and can become our character. The fruit of offenses is broken relationships and a bad witness to the world that needs to see the love we claim to have for one another in Christ.



For Discussion

This week Denise used the example of Moses and how he related to the Israelites to show us how we should relate to others who might arouse our anger. One of the main causes of anger that Denise discussed was offenses.

- 1) Do you have people in your life who are easily offended? How do you deal with that offense? Are you easily offended?
- 2) Read Proverbs 19:11. How does the Bible say that we should deal with offenses?
- 3) Let's review Week 2 in our Study Guide. (Go through the questions you want to cover in all five days).
- 4) What are the responses to the Weekly Wrap-up Reflection Questions in the Study Guide?
- 5) What key thought, verse, or change are you making because of what you have learned this week? Commit to this by writing it down in your Study Guide.



### Counselor's Corner

Share with your group what you learned from the Mindset Movements.

How has your anger style been either helpful or harmful to you?

# Make Up Your Mind Small Group Leader's Guide

## The Anxious Mindset



### Week 3



Watch the Video



Thoughts for the leader

In a fallen world with 100% chance of dying with a bunch of sinners, let's just say that the anxious mindset is a certainty at some point. But we don't have to live in fear of mindsets as if we are powerless against them. We just need to know how to counter anxiety when it happens. There can be a stigma for those who admit anxiety, but admitting it is the step toward eradicating it from our lives. Help the women in your group to see that anxiety is not their identity. It is a reality in the world we live in, but Christ experienced it, too, and overcame. So can we.



For Discussion

This week Denise showed us how to face anxiety through prayer in the example of Jehoshaphat. Have you ever doubted prayer as a solution? Sometimes we can feel like our prayers do not go past our ceiling, but faith in the unseen is what puts anxiety back in its place. Rather than a game of whack-a-mole where we try to deal with the multiplicity of anxieties we face daily, we can get to the root behind our anxiety and go to God in prayer.



- 1) How do you counter anxiety? Share an example.
- 2) Do you have peace in your life right now? What distracts you from the peace Christ promises us?
- 3) Let's review Week 3 in our Study Guide. (Go through the questions you want to cover in all five days).
- 4) What are the responses to the Weekly Wrap-up Reflection Questions in the Study Guide?
- 5) What key thought, verse, or change are you making because of what you have learned this week? Commit to this by writing it down in your Study Guide.



### Counselor's Corner

Share with your group what you learned from the Mindset Movements.

What memory do you have about feeling anxious as a child?

# Make Up Your Mind Small Group Leader's Guide

## The Depressive Mindset



### Week 4



Watch the Video



Thoughts for the leader

I remember the day when I sat in a doctor's office, and he diagnosed me with the infamous "D" word. The thing about a diagnosis with depression is we can feel powerless to affect it. It can become a part of our identity as we label ourselves with depression which might not really be clinical depression and could be a depressive mindset, instead. I went on medicine for a couple of months and then decided that I needed to try a different approach. A combination of coming to God with my raw emotions, seeking His word for solutions first, as well as natural supplements and healthy eating made a huge difference. In the examples of David, Job, and Jeremiah, we see that we are not the only ones to face the depressive mindset. The way out of the depressive mindset is first spiritual, as we unpack the lies and negativity in our minds, then practical means might also aid us in recovery. Because hear this, friends, a depressive mindset does not have to become a part of your identity or personality. Christ invites you to overcome through His word. Let's get started!



### For Discussion

This week Denise helped us to see the depressive mindset through a different lens. The secret of happiness is that it is not found by searching for it. It is found in the presence of God. We are not fooled into the relentless hunt for what cannot be found apart from God. Through Job, Jeremiah, and David, we learn how to approach depression and overcome it.

- 1) Have you ever experienced the depressive mindset? What was the root cause?
- 2) Denise challenged us at the end of Day 4 of this week in the Study Guide to write down a few reminders to help pull us out of the pit of depression. Share what are some ways or Scriptures that help you to navigate out of a depressive mindset.
- 3) Let's review Week 4 in our Study Guide. (Go through the questions you want to cover in all five days).
- 4) What are the responses to the Weekly Wrap-up Reflection Questions in the Study Guide?
- 5) What key thought, verse, or change are you making because of what you have learned this week? Commit to this by writing it down in your Study Guide.



### Counselor's Corner

Share with your group what you learned from the Mindset Movements.

When has your heart felt sick due to deferred hope?

# Make Up Your Mind Small Group Leader's Guide

## The Discontented Mindset



### Week 5



Watch the Video



Thoughts for the leader

Comparison is one of the leading causes of the discontented mindset. After all, if we did not have anything else to compare to, we would not be aware of something better or worse. But the discontented mindset is an affront to God who is our Provider. This week, try to help the ladies see that God's plan and provision for them is unique and not like anyone else's. He never wanted them to compare or seek satisfaction from the creation over being satisfied with Him first.



For Discussion

Sometimes we “can’t get no satisfaction”, or so it seems. But at the root of the discontented mindset is the fact that we did not first become satisfied in Christ. Our relationships and contentment in this life are sweeter when we meet our most urgent need first: our soul's desperate need for fellowship with God.

- 1) What is the first thing you think of when you think about satisfaction? What is one of the most satisfying things to you?
- 2) Denise asked us to write a prayer to God on Day 1 of this week in the Study Guide. Share what God showed you about being satisfied in Him this week.
- 3) Let's review Week 5 in our Study Guide. (Go through the questions you want to cover in all five days).
- 4) What are the responses to the Weekly Wrap-up Reflection Questions in the Study Guide?
- 5) What key thought, verse, or change are you making because of what you have learned this week? Commit to this by writing it down in your Study Guide.



#### Counselor's Corner

Share with your group what you learned from the Mindset Movements.

How has the comparison game tripped you up in the past?

# Make Up Your Mind Small Group Leader's Guide

## The Doubtful Mindset



### Week 6



Watch the Video



Thoughts for the leader

Doubts come from our own mind, so they have a powerful influence over us. Emotions can cloud our belief and complicate things further. Try to help the ladies to get to the reason behind the doubts they have and to find the answers for their doubts in God's Word.



For Discussion

Living in a world with lots of problems is enough to cause us to doubt that God is still in control. But the existence of problems does not mean God is not still sovereign and involved. Jesus' question to Peter rings in my own ears, "why did you doubt?" What we rely on reveals the source of our doubt.

- 1) What or who is your first "go-to" when problems arise? Why? And what affect do you think this has on your doubting or trusting in God in those times?



- 2) On Day 5 of this week in the Study Guide, Denise asked us to write out a prayer to God to help us identify and release our unbelief and doubts and put on faith. Share what God revealed to you in this time of prayer.
- 3) Let's review Week 6 in our Study Guide. (Go through the questions you want to cover in all five days).
- 4) What are the responses to the Weekly Wrap-up Reflection Questions in the Study Guide?
- 5) What key thought, verse, or change are you making because of what you have learned this week? Commit to this by writing it down in your Study Guide.



### Counselor's Corner

Share with your group what you learned from the Mindset Movements.

How has doubt kept you at a standstill in the past?

# Make Up Your Mind Small Group Leader's Guide

## The Helpless Mindset



### Week 7



Watch the Video



Thoughts for the leader

We can struggle when we feel helpless because we wonder if God is really able or willing to help us. We can listen to our thoughts and override God's promises. But our helplessness is not a surprise to God. He has made provision for our need. This week we will look at how helplessness can actually be what draws us nearer to God.



For Discussion

I am pretty sure none of us likes to be helpless. We would rather be the heroine to help others. This is what makes helplessness so hard. We can feel shame for being in need and guilt that we need others to assist us in our times of need. We can feel pressure because we think we are supposed to know all the answers .

- 1) How do you handle when you feeling helpless? From Day 5 of the Study Guide, in what areas of your life do you need to choose strength?

- 2) On Day 4 of this week in the Study Guide, Denise asked us to write ways that we have recognized God's ability lately. Share some of these and how you apply God's ability to your inability.
- 3) Let's review Week 7 in our Study Guide. (Go through the questions you want to cover in all five days).
- 4) What are the responses to the Weekly Wrap-up Reflection Questions in the Study Guide?
- 5) What key thought, verse, or change are you making because of what you have learned this week? Commit to this by writing it down in your Study Guide.



### Counselor's Corner

Share with your group what you learned from the Mindset Movements.

In which circumstance might you benefit from having an accountability partner?

# Make Up Your Mind Small Group Leader's Guide

## The Hurried Mindset



### Week 8



Watch the Video



Thoughts for the leader

“Hurry, we’ll be late!” Just the word hurry gets our hearts moving, right? This week we investigate what is behind our hurried lifestyles, leading to unrest. Finances, seeking approval, and impatience can keep us stuck in a hurried mindset. This week examine your lives to see where you might need to remove the hurry from your life and insert rest.



For Discussion

As women we often wear many hats and have many demands on us. This is an easy set up for a hurried mindset. We are expected to be able to do it all, and fast! My kids say I can make food faster than anyone they know. But that came from close to 30 years of making meals for five little hungry mouths. What in your life leads you to a hurried mindset?

- 1) How do you make time for rest for yourself? Do you feel guilty for doing so?

- 2) What does your time with Jesus look like? When do you make time for Jesus in your day? Discuss and share ideas and thoughts about your devotional time.
- 3) Let's review Week 8 in our Study Guide. (Go through the questions you want to cover in all five days).
- 4) What are the responses to the Weekly Wrap-up Reflection Questions in the Study Guide?
- 5) What key thought, verse, or change are you making because of what you have learned this week? Commit to this by writing it down in your Study Guide.



### Counselor's Corner

Share with your group what you learned from the Mindset Movements.

Which tasks are you overestimating or underestimating in terms of time required to do them well?

# Make Up Your Mind Small Group Leader's Guide

## The Lonely Mindset



### Week 9



Watch the Video



Thoughts for the leader

Every woman who has had multiple demands placed on her at the same time breathes a sigh of relief when she finally has a moment's peace. But give that same woman no fellowship and too much alone time and she goes to pieces. We were made for community and for women who are relational and emotional creatures, loneliness can really grip our hearts. Help the women in your group this week to get a grip instead on the profound truth that we are never alone in this life when we have Christ. Never.



For Discussion

Sometimes we can buy the lie that our personality is melancholy, or we are just “loners”, but God made us for community with others and if we are honest, our environment likely had an impact on our lonely tendencies. Are you an extrovert or an introvert? Thinking back on your childhood, were you always wired that way? If not, what do you think contributed to your desire to be alone more than with people? Or vice versa?



- 1) Loneliness seems hard to escape. Why do you think that is?
- 2) On Day 1 of Week 9 in the Study Guide, Denise asked us to write a prayer about God being our refuge and companion when we feel lonely. Share as led.
- 3) Let's review Week 9 in our Study Guide. (Go through the questions you want to cover in all five days).
- 4) What are the responses to the Weekly Wrap-up Reflection Questions in the Study Guide?
- 5) What key thought, verse, or change are you making because of what you have learned this week? Commit to this by writing it down in your Study Guide.



#### Counselor's Corner

Share with your group what you learned from the Mindset Movements.

Which of the three obstacles to create community is the most challenging for you, and why?

# Make Up Your Mind Small Group Leader's Guide

## The Scarcity Mindset



### Week 10



Watch the Video



Thoughts for the leader

Women are always “all ears” when it comes to beauty and health secrets or tips that will help us to thrive in this difficult life. But there is a top secret we need to lean in on: contentment. Paul learned it and we can, too. Help your ladies to look at God’s provision and to be content and grateful this week as they reflect on all that we have in Christ, which is superior to all that we have in this world.



For Discussion

The scarcity mindset creeps in on us when we compare. Most of us are likely to be considered wealthy by others. There is always someone who has more or less than us. Why do you think it is so difficult to be content with what we have?

- 1) What is the area in your life in which you are tempted to give in to a scarcity mindset?

- 2) On Day 4 of the Study Guide Denise asked you to list what you are grateful for. Share with one another.
- 3) Let's review Week 10 in our Study Guide. (Go through the questions you want to cover in all five days).
- 4) What are the responses to the Weekly Wrap-up Reflection Questions in the Study Guide?
- 5) What key thought, verse, or change are you making because of what you have learned this week? Commit to this by writing it down in your Study Guide.



#### Counselor's Corner

Share with your group what you learned from the Mindset Movements.

Which purchases gave you pleasure that didn't last as long as you first hoped?

# Make Up Your Mind Small Group Leader's Guide

## The Victim Mindset



### Week 11



Watch the Video



Thoughts for the leader

The victim mindset is bolstered by a sense of things being unfair and the feeling that no one seems to care or have empathy for our suffering. Help your group to lay down their victimhood this week by shifting their focus to the victory that is ours in Christ.



For Discussion

The fact that we will all suffer in this life makes us all victims, but we don't have to stay victims. Share as you feel led about how God turned your victimhood into sweet victory in an area or season of your life.

- 1) If the battle is the LORD's, then who is ultimately under attack? How does this frame up your victimhood?

- 2) On Day 5 of the Study Guide, Denise asked how we are supposed to handle when evil befalls us. What evil have you experienced that you struggle to let go of? Pray for one another in your victimhood.
- 3) Let's review Week 11 in our Study Guide. (Go through the questions you want to cover in all five days).
- 4) What are the responses to the Weekly Wrap-up Reflection Questions in the Study Guide?
- 5) What key thought, verse, or change are you making because of what you have learned this week? Commit to this by writing it down in your Study Guide.



### Counselor's Corner

Share with your group what you learned from the Mindset Movements.

Have you or someone you know ever been part of a "drama triangle"? What did you learn from that experience?

# Make Up Your Mind Small Group Leader's Guide

## The Mind of Christ



### Week 12



Watch the Video



Thoughts for the leader

We can try to transform our thoughts in our own strength and not get too far. True transformation requires repentance and the mind of Christ. Help your ladies to understand what the mind of Christ is this week and how to apply the mind of Christ to our thought life.



For Discussion

Learning how to lay our own thoughts down and pick up Christ's thoughts will take some practice. What are some areas in which you tend to default to your own thoughts rather than Christ's?

- 1) What we think on reveals its significance to us. In Day 3 of the Study Guide Denise asked us to identify what was important to us. What do you spend the most money on and what occupies a lot of your thoughts?



- 2) Walking in the mind of Christ is essentially thinking like Jesus. How do you maintain your thought life?
- 3) Let's review Week 12 in our Study Guide. (Go through the questions you want to cover in all five days).
- 4) What are the responses to the Weekly Wrap-up Reflection Questions in the Study Guide?
- 5) What key thought, verse, or change are you making because of what you have learned this week? Commit to this by writing it down in your Study Guide.



### Counselor's Corner

Share with your group what you learned from the Mindset Movements.

When have you acted as if you had the mind of Christ? How did that make you feel?