

Coming up @ TWIN CITIES

LIFE GROUPS WINTER LAUNCH
FIND YOUR LIFE GROUP TODAY!

HIGH SCHOOL WINTER CAMP
FRI-SAT, February 6-7

BIBLE READING PLAN
JUMP IN!

VALENTINE'S DATE NIGHT
THURSDAY, February 12

DRIVE-THRU FOOD DRIVE
FRIDAY, January 30

JR. HIGH WINTER CAMP
FRI-SUN, Jan. 30-Feb. 1



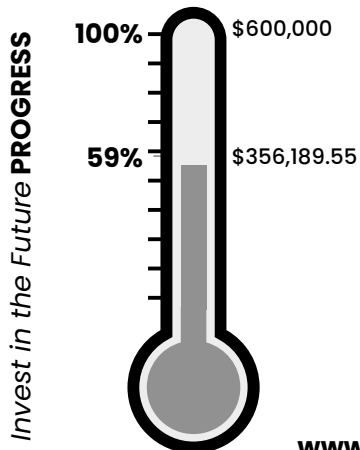
twincities.church/events

Connect with a LIFE GROUP

BROWSE THE GROUPS!
Let's be the Church together!



twincities.church/life-groups



We're excited to do life with you! For these & any other opportunities, scan the QR codes above or visit us in the lobby at church on Sunday mornings!

www.twincities.church

how we **change**

HOW WE CHANGE OUR MINDS

Eric Wayman • January 18, 2026



MARK 1:15

- “Repent” means to change our mind.

“The process of spiritual formation in Christ is one of progressively replacing destructive images and ideas with images and ideas that filled the mind of Jesus Himself.” — DALLAS WILLARD

Open to continue taking notes! →

Neuroplasticity: *"Those neurons that fire together wire together. In essence, the more we practice activating particular neural networks, the more easily they are to activate, and the more permanent they become in the brain."* — **CURT THOMPSON**

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. **PSALM 139:23-24 NIV**

NEXT WEEK:

Practice... We're Talking About Practice

Watch this message & more at twincities.church

Connect with us!
Fill out your
Connection
Card online.



For group discussion the week of January 18

This Study Guide is designed to help you apply Sunday's message. Join a Life Group and do this study together!

1. Can you think of a time when someone was a bad influence on the way you thought and acted? What sort of influence did they have, and why do you think they were so influential?
2. This week's message was *How We Change Our Minds*. Let's read Mark 1:15. Was there something from the message or this passage that caught your attention?
3. Repent literally means *to change your mind*. Let's read Romans 12:2. What do you notice about how transformation is connected to the way we think?
4. We are going to read Philippians 2:1-4; as we do, notice how the mind plays a role in our relationships. How does our thinking affect our relationships? Now let's read verses 5-8. What mindset does Jesus model for us?
5. Pastor Eric talked about "mental highways" formed by repeated thoughts or habits. Is there a pattern of thinking — about yourself, God, or others — that you sense God may be inviting you to change or reframe?
6. Let's read Colossians 3:1-2. What is one specific thought, habit, or mental focus you could intentionally "set your mind on" this week? What are some ideas on how you could renew your mind in this area?
7. As we close, how can we pray for you this week? Is there anything you're carrying that you'd like the group to pray for?