



Main Idea: Living a life with Jesus requires a shift (both mentally and behaviorally).

Scripture: Colossians 3, Romans 12

Hey there friends! I am [\[insert speaker name\]](#) and I just want to take this moment to thank you for being here. I love having the ability to speak to teens like yourself and it wouldn't be possible if you were not here. Plus, being here is also doing yourself a favor. Even if you think you came for fun games or to be with your friends, you are here for a much deeper reason, and who knows? Maybe God brought you here today to shift the course of your life! In just one moment, everything can change, and with each moment that passes, just one decision could shift everything. Let's get started by playing a game that tests your decision-making skills when the pressure is on.

[\[Leader Note: Below are an assortment of games you could play that would fit the theme, so choose from the games below - or use your own - based on your group's interests and level of engagement.\]](#)

[Option 1: Start by explaining that games like Bowser's Blast force you to make a fast choice under pressure to see if you survive to the next round. Create your own version of this idea, whether it is a version of 4 Corners, a color wheel, or a Punch a Bunch with prizes/consequences attached. Play with everyone or just those brave enough to press their luck. Hype up the stakes by including a cool prize!](#)

[Option 2: Play a game you can simply call Link Up. This includes everyone. You call out a number \(or use dice on stage for dramatic effect\) and everyone has 5 seconds to link arms with people to equal a group size of that number or else they are out.](#)

[Option 3: Purchase The Cube or Dead Cat from DYM.\]](#)

During these games, you may or may not have noticed that you each had a different way of thinking about how to make your decision. Some of you may have used logic to quickly reason the best solution while others went

with their gut reaction to avoid overthinking. Oftentimes, these quick decisions happen using our **subconscious**, which is a hidden framework of thinking that is defined as “part of the mind of which one is not fully aware, but which influences one's actions and feelings”. [\[Take a minute to explain how their subconscious could have impacted their own decisions in the game you played earlier\].](#)

[\[Leader Note: Optional - purchase a plastic brain model and set it in front of your podium, or give away mini brain “stress balls”, to provide a tangible point of reference for something as abstract as subconsciousness\].](#)

This isn't only true for our game times or when the pressure is on. In fact, about 97% of your brain activity is accredited to your subconscious and you are faced daily with many quick decisions: what to wear, how to wear your hair, if you should brush your teeth today, how you say good morning to your family, what music to listen to on the drive to school, how attentive you are at school, if you help that person struggling to understand the math problem, where to sit at lunch, if you plan to do your homework, do you join in gossiping about the new kid or weird geek your friends are discussing, if you open up to or withdraw around your family at dinner, do you watch that provocative reel, should you send that explicit text or snap, will you stream or play video games or do you get a reasonable amount of sleep. And these types of subconscious choices go on and on every day.

Wayne Dyer, who wrote Manifest Your Destiny, said “our lives are the sum total of the choices we have made.” So if that's true and 97% of our thoughts and decisions are from the subconscious, wouldn't it be worth our time to open up the hood of our mind [\[refer to the brain model you have on stage\]](#) and check out what's going on beneath the surface?

While many things can inform our way of thinking, it comes down to having a mindset based in one of two systems: **earth or eternity**. The Bible has quite a bit to say when it comes to our thinking, especially if we are followers of Jesus.

Paul, who planted early churches to spread the good, gospel news of Jesus to the Gentiles (non-Jews), discussed this concept with his church communities. Like us today, these churches were under heavy cultural

influence since they were living in the glory days of the Roman Empire. Here is a bit of Paul's perspective on the subject.

Colossians 3:1-3 (NLT)

*"Since you have been raised to new life with Christ, set your [mind] on the realities of heaven, where Christ sits in the place of honor at God's right hand. **Think about the things of heaven, not the things of earth.** For you died to this life, and your real life is hidden with Christ in God."*

Romans 12:1-2 (NLT)

*"And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don't copy the behavior and customs of this world, but **let God transform you into a new person by changing the way you think.** Then you will learn to know God's will for you, which is good and pleasing and perfect."*

In both of these passages called, Paul called followers of Jesus to reject an old, earthly frame of mind for an eternal mindset. If you claim to accept the free gift of salvation and forgiveness through Jesus, you are claiming to be a follower of Jesus.

MAIN IDEA: Living a life with Jesus requires a shift.

When you upgrade your phone, you must replace the old software with the new update. The same is true for our life and mind in Jesus. We cannot operate on two different mental processors. [Have students use their fingers to try to air-trace one small circle going one direction but the other finger making a large circle going the opposite way. Explain how it is hard to think about two contrasting ideas at the same time.] We have to reject our worldly way of thinking and be transformed by shifting ourselves to think more Kingdom minded; but we can't do both.

So, what does shifting from Earthly thinking to Kingdom mentality look like?

#1 Kingdom mentality shifts our focus away from self.



Main Idea: Living a life with Jesus requires a shift (both mentally and behaviorally).

Scripture: Colossians 3, Romans 12

- What is one rash/rushed decision you made that you instantly regretted?
- Are you prone to overthinking or ‘flying by the seat of your pants’? Why?
- If 97% of brain activity is through the subconscious, what do you think is the best way to make decisions?
- Do you agree with the statement, “our lives are the sum total of the choices we have made”? Why or why not?
- Think of where an earthly and eternity mindset would differ [ex. [Follow your heart vs seek God’s heart](#)]. Where would both mindsets agree? [ex. [Be kind to one another](#)].
- Read Romans 12:1-2. What do you think it means to be a living and holy sacrifice for God?
- Which shift do you think is the hardest for you: mental or behavioral?
- Read Colossians 3 (yes, the whole chapter!). Which verse(s) convicts you the most? If willing, share why that verse applies to you specially.
- Out of the four steps to making the shift, which one do you need to put more effort into to better your relationship with God? [[Slow down and assess, perform an audit, practice selflessness, copycat.](#)]
- What is the next step you can take this week? [[Have everyone share their next step and check in throughout the week or the following small group to encourage follow through.](#)]

This preview includes a select number of pages from this resource.

If you like what you see, download the entire resource today!

downloadyouthministry.com