



MIND TRAPS

Week 3: All-Or-Nothing

Whether we realize it or not, our mindsets and thought patterns lead us. When a mindset has become a mind trap, we need a mind change. This week we're talking about the mind trap of all-or-nothing: the tendency to think in terms of polar opposites without accepting the possibilities that lie between the two extremes. All-or-nothing thinking leads to the belief we have to get everything perfectly right or we are worthless.

Discussion Questions

1. Religion is fueled by rigidity. Religious people tend to oversimplify super complex issues with all-or-nothing thinking. Growing up, would you have described your experience with religion as something that was rigid? Why or why not?
2. A maturing faith means less certainty about most things and more certainty about a few things. Is there anything you were certain about earlier in life and now are less certain about?
3. Is there anything you were uncertain about earlier in life that you are more certain about today?
4. A pass/fail perspective will limit how God wants us to grow. Freeing your mind from dichotomous thinking to see life as a learning laboratory not a pass/fail exam. What area of your life are you most likely to have a pass/fail mindset (e.g., relationships, finances, career, health, etc.).
5. What circumstance in your life today would an outside observer say contains a possibility for you to grow?
6. If you saw that circumstance as an opportunity to grow, how would it change your approach, attitude, or decisions regarding that circumstance?
7. How can this group pray for you?

Changing Your Mind

Nothing holds as much potential for life change as letting God give you a mind change. The apostle Peter said it this way:

Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: "Be holy, because I am holy." 1 Peter 1:13–16