



Resilient Minds

When we are under stress, our minds often feel like that circus performer who is spinning plates on top of little sticks. The more stress on our minds... the more plates our mind is managing. Eventually something falls with a crash.

1. Reflection on the past few months. Can you recount a time you had a bad “covid day”? Or perhaps you’ve had a stretch when you’ve felt stuck in a rut? What was that like? How did you respond?

How do we bounce back from times like that? Today we are going to look at some simple tools for building a resilient mind, by learning to love God with our mind.

2. Watch the video with Kyle Harnett.
3. Someone read Romans 12:1-2 to the group. What ideas and words in that scripture connect with Kyle’s talk?

Kyle outlines three simple tools for loving God with your mind in your day-to-day lives:

- Lay your Day → everyday
 - Identify your “Big 3” → give them to God.
 - Turn problems into goals → turn goals into systems
4. What has been your experience with these practices? What has worked best for you? Is there anything you need to rediscover?
 5. What new inspiration can you draw from these practices?
 6. How do you think prayer fits into loving God with your mind?

Anchor Crew Questions

At the heart of *The Anchor Initiative* is the 3-2-1 Process:

- A “Crew” of at least **3 people**
- Meeting **2x a week**, to encourage each other
- While each of you **forge 1 Habit**.



Use these questions to check in with each other:

1. Share with the Crew how the last week has been with your habit formation... The good... the bad... and the ugly.
2. If it's going well, celebrate! If you've been struggling with the habit, what could you try to make it better? How can the Crew help you?
3. What has the work of habit formation revealed to you about God's work in your life this week? How does that change things for you?
4. Is there anything about Kyle's talk on a resilient mind that might compliment or change your approach to your habit?