

# Week 1- Unshakable Women's Bible Study

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'A Sound Disciplined Mind' by Nancy Dufresne

Chapter 1- Renewing Your Mind

Chapter 2- Exercising Your Authority

Chapter 3- Don't Be Swayed

Chapter 4- A Disciplined Mind

## *Week 1—Your Mind Matters*

### **Main Truth:**

Your life will move in the direction of your dominant thoughts.

### **Scripture Focus:**

**Romans 12:2 (AMP)**- And do not be conformed to this world [any longer with its superficial values and customs], but be transformed *and* progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you].

**Psalms 26:2(ESV)** -Prove me, O Lord, and try me;  
*test my heart and my mind*

**Proverbs 4:23(NLT)**- Guard your heart above all else,  
for it determines the course of your life.

**Philippians 4:8(AMP)**- Finally, believers, whatever is true, whatever is honorable *and* worthy of respect, whatever is right *and* confirmed by God's word, whatever is pure *and* wholesome, whatever is lovely *and* brings peace, whatever is admirable *and* of good repute; if there is any excellence, if there is anything worthy of praise, think *continually* on these things [*center your mind on them, and implant them in your heart*]. **9** The things which you have learned and received and heard and seen in me, practice these things [in daily life], and the God [who is the source] of peace *and* well-being will be with you.

\*\*\*\*Mind and heart go together: Uniting the mind (intellect and thoughts) and heart (emotions/will)

## What is a sound mind?

A sound mind is a stable, rational, and healthy mental state characterized by the ability to make sensible decisions, exercise self-control, and maintain emotional balance. It implies a mind free from overwhelming fear, confusion, or impairment, often described as having the capacity to think clearly and behave with sound judgment.

From a biblical stand point:

Derived from the Greek word sophrōnismos (so-frahn-ees-MAHS) (2 Timothy 1:7), it is seen as a gift of a balanced, calm, and disciplined mind anchored in truth, rather than a spirit of fear.

## Key Points:

1. Your thoughts shape the course of your life. God's transformation begins with renewed thinking.
2. A sound mind *BELONGS* to you in Christ. Authority *BELONGS* to the believer
3. Learn to be like cement
4. Discipline produces success

(1.) Proverbs 23:7 (NKJV) For as he thinks in his heart, so *is* he.

*Do you see yourself as the tragedy you're walking through? Do you see yourself as the person that grew up in a broken environment or relationships? Do you see yourself with eyes of comparison? Do you see yourself as the report you just received?*

(1) Colossians 3:2 (AMP) Set your mind *and* keep focused *habitually* on the things above [the heavenly things], not on things that are on the earth [which have only temporal value].

(2.) Definition of BELONGS: (verb)denotes ownership, proper placement, or membership. It signifies being in the right place or being a member of a group.

(2.) Chapter 2 Authority // Page 39: "Don't be mindful of the enemy and what he tries to do. Rather, be mindful of the Word. Be mindful of your position of authority and the victory that is yours in Christ. Don't allow your mind to touch on anything except victory"

(3.) Chapter 3- Don't Be Swayed // Page 42 "What you're full of will be what moves you"

(4.) Chapter 4- A Disciplined Mind // Page 53 "Because I turned the thoughts over in my mind, I was held in the mental arena. I didn't stay in the spirit, which is the arena of faith, so the struggled continued"



## **Weekly Challenge:**

Write down three recurring thoughts that have been affecting your peace or confidence. Next to each one, write a truth from God's Word that confronts it.

1. \_\_\_\_\_

Truth: \_\_\_\_\_

2. \_\_\_\_\_

Truth: \_\_\_\_\_

3. \_\_\_\_\_

Truth: \_\_\_\_\_

## OUR DAILY DECLARATION:

- I do not occupy myself with things too great.
- I have calmed and quieted my soul
- I bring my soul into rest before the Lord

Psalm 131