



Think It Through

Understanding Thoughts
Before They Overtake You

Week #2:

Understanding Your Armor



CONTENTS

How To Lead Your YCI Club



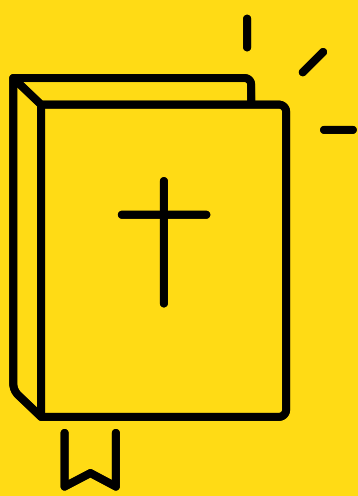
PLAY

Play a game together.



PRAY

Spend time praising and thanking God in prayer.



GROW

Learn from Scripture about who God says He is and how we should respond to Him.



GO

Look for opportunities to share the Gospel, and serve others in your community with your YCI club members.



TIPS FOR USING THIS CURRICULUM

*Three Recommendations As You Lead Your Friends In
Playing, Praying, Growing & Going*

1) Familiarize

Prior to your weekly YCI club gatherings, spend time reading the curriculum to make sure you understand the game and devotional. Leading is easier when you are well-prepared!

2) Organize

The "Grow" portion of the YCI Club Curriculum gives you the "pieces" for a devotional, but it is up to you to put the pieces together. You may want to give "Book, Hook, Look & Took" a try:

- 1) Book:** Read the Bible verses.
- 2) Hook:** Share a brief personal story or idea that relates to the Scripture.
- 3) Look:** Share the context of the Scripture.
- 4) Took:** Share the takeaways from the "Learn & Apply" section.

3) Customize

Since every YCI club is different, it is important that you modify this content to fit your context. If you need help with this, we encourage you to reach out to your club's Campus Mentor!





SMUGGLE!

First, one person should be chosen as the "Detective". Once they are chosen, they should temporarily exit the room. While the detective is outside, the rest of the YCI club should form a large circle. Next, those in the circle should choose a random object to "smuggle" when the Detective returns to the room. Once an object is chosen and placed behind a random group member's back, the Detective can re-enter. While the Detective stands in the middle of the circle, the rest of the group members will discreetly pass the object to one another behind their backs. In an effort to "throw off" the Detective, it is okay to make "fake passes" to your neighbor. The Detective has three chances to correctly point to the person that has the object behind their back. This process can continue for as long as time allows!



ASK GOD FOR HIS WILL TO BE DONE IN THESE AREAS:

CLUB TIME



Pray that God will speak to everyone in the room through His Word.

GROUP NEEDS



Take time to discuss and pray over the personal needs and requests of those in attendance.

SCHOOL COMMUNITY



Ask God to move in situations that are unique to your school and community.

A CLOSER LOOK AT 2 CORINTHIANS

2 Corinthians is the second of two New Testament letters written to the church in Corinth. The author, Paul, played a key role in starting the church, and his first letter (1 Corinthians) is designed to address troubling reports of sin and confusion among their community of believers (1 Cor. 11).

After sending his first letter, Paul makes a "painful visit" (2 Cor. 2:1) to the church to confront them in person. 2 Corinthians, which was written after this visit, takes a different tone than 1 Corinthians by focusing more on God's love and Paul's belief that the church in Corinth can be restored.

The ***Think It Through*** curriculum focuses on 2 Corinthians 10:1-6. In this section, Paul responds to those who accuse him of not being "impressive" enough to influence multitudes. As he addresses these lies, our prayer is that the Holy Spirit will reveal Jesus and equip you to overcome troubling thoughts that keep you from walking in your purpose!



2 CORINTHIANS 10:1-6 (ESV)

"**1** I, Paul, myself entreat you, by the meekness and gentleness of Christ—I who am humble when face to face with you, but bold toward you when I am away!— **2** I beg of you that when I am present I may not have to show boldness with such confidence as I count on showing against some who suspect us of walking according to the flesh. **3** For though we walk in the flesh, we are not waging war according to the flesh. **4 *For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.*** **5** We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, **6** being ready to punish every disobedience, when your obedience is complete."



A CLOSER LOOK AT EPHESIANS

Just like in Corinth, Paul experienced considerable success as a missionary in Ephesus. The city was famous for widespread worship of Greek and Roman gods, but this did not stop Paul from boldly sharing the message of Jesus Christ.

Later in life, while sitting in a Roman prison, Paul writes this letter to the believers in Ephesus. The first few chapters focus on the significance of the Gospel message, and the second half explains how Christians can overcome Satan's attacks. Since the enemy targets our thoughts, it is important for us to "take up the whole armor of God "(Eph. 6:13) as we wage the war in our mind!



EPHESIANS 6:13-18 (ESV)

"13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.

14 Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, **15** and, as shoes for your feet, having put on the readiness given by the gospel of peace. **16** In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; **17** and take the helmet of salvation, and the sword of the Spirit, which is the word of God, **18** praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints"



Understanding Your Armor

Belt of Truth

The belt is responsible for holding the rest of the armor together. In the same way, our thought life will fall apart if we do not immerse our minds in the truth of the Gospel message (**creation** from God, **separation** by sin, **salvation** through Jesus and **invitation** for all people)!

Breastplate of Righteousness

The breastplate protects the heart, our most vital organ. Righteousness refers to the "right standing" of those that have placed their faith in Jesus. When your heart is troubled, you can find comfort in remembering your status as a child of God!

Shoes of the Gospel

Shoes equip us for stability and mobility. The Gospel message stabilizes our mind and gives eternal purpose to ordinary activities.

Shield of Faith

Shields protect soldiers from direct attacks, and our faith in Jesus guards us from Satan's attacks! Faith is believing in what cannot be seen, and faith in Jesus guards our minds when our eyes see difficult circumstances.

Helmet of Salvation

The helmet protects another vital organ, the brain. Our salvation, purchased through Jesus' finished work on the cross, plays an essential role in setting our minds free from worry.

Sword of the Spirit

The word of God (the Bible) is the only weapon available to us. Freedom in our minds takes place when we fiercely attack the enemy's lies with God's truth!

LET'S TALK ABOUT THIS

Small Group Questions (If Time Allows)

Important Note: *Immediately inform your Teacher Sponsor if a group member answers in a manner that indicates they are in danger.*

Question 1

What is one thing that "jumped out" to you while reading 2 Corinthians 10:1-6?

Question 2

What is one thing that "jumped out" to you while reading Ephesians 6:13-18?

Question 3

Which of the six components of the "Armor of God" resonated the most with you?



CONSIDER THIS BEFORE YOU LEAVE

BIG IDEA



Through Jesus' finished work on the cross, we have been equipped with "spiritual armor" that is intentionally designed to help us combat negative thoughts from the enemy!

SHARING TRUTH

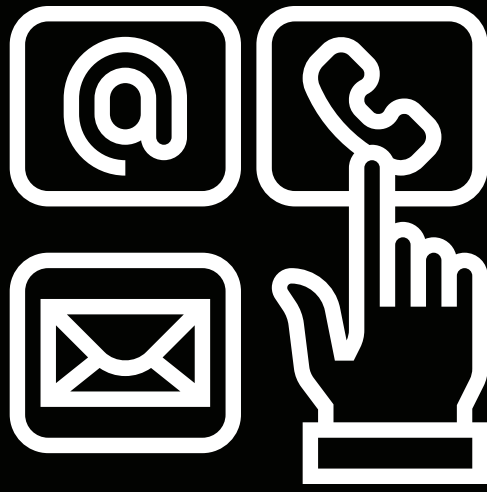


Who is someone in your life that needs to hear about what we discussed today? Pray for them, and find time this week to encourage them.

MEETING NEEDS



What is something your YCI club can do to show God's love this semester?



CONTACT US

WITH YOUR QUESTIONS

Mailing Address

4108 Park Rd. Suite 101 Charlotte,
NC 28209

Phone Number

704-364-2122

Website

www.yciclubs.com

Email

info@yciclubs.com

Instagram

[@yciclubs](https://www.instagram.com/yciclubs)

