

## The Imagination Step



**Leader's Note:** Before class begins, be sure to make copies of the Participant Handout for the session. Begin by welcoming the ladies and open the class in prayer. Before you watch the video, introduce the topic by spending approximately five minutes going over the definition and Session Opening. After you watch the video, open the floor for discussion and move into your selected group exercise(s).

The group exercises are designed to generate meaningful discussion. Depending on how much time you have, you may not have time to discuss all of the exercises. Before class begins, select the exercise(s) you want to focus your session on. Remember, the goal is not to “get through” all of the exercises, but to create an atmosphere where revelation comes through group dialogue that creates “aha moments”. When women bond through shared experiences and increased knowledge of God’s word, healing comes and creates an opportunity where safe and solid relationships can be built that can last well beyond the group study.

### Definition of Imagination:



The imagination step is the practice of maintaining a healthy **thought** life and ridding our minds of vain imaginations.

### Session Opening:



If someone could look inside your mind, what would they find? Would they find a storehouse of healthy thoughts and imaginations from God, the Dream Maker? Or would they find your mind consumed with vain imaginations from Satan, the Dream Taker?

**For me....my struggle with my imagination was \_\_\_\_\_.** *(As a facilitator share a bit about your own struggle with having Godly imaginations or pure thoughts. Be vulnerable and transparent. Remember, you are setting the stage for others to feel like the group is a safe place to open up and share.)*



**Video & Discussion Time:** Watch the video for Session 5. Afterward, discuss the video before you transition into the group exercises. Pitch out a question or two to the group. Here is one to get you started:

- ❓ Christy stated that psychologists say that we think 60,000 words per day and 98% of them are repeat offenders. We spend the majority of our thought life thinking about the same thing over and over and over. What thoughts tend to monopolize your mind? Are they healthy? If not, what good thoughts can you replace those with?



## Group Exercises

### Group Exercise A

Go around the room and have the participants take turns reading the bulleted items from their handout. Encourage group members to share and make comments after each item is read.

#### When your imagination is compromised you may:

- Escape into something that brings you comfort when you get stressed out
- Give up when things don't go your way because you hate opposition
- Prefer not to plan and tend to be laid back about your future
- Stuff your emotions because they are too painful to deal with
- Have a pity party when you get discouraged
- Focus more on the problem than the solution when you get upset
- Control and manage your issues rather than release them to God
- Overreact to issues and remain stressed out
- Lack goals or direction for your future
- Constantly compare yourself to others and wish you were in their shoes

### Group Exercise B

#### Identity Scriptures


Go around the room and have the participants take turns reading the scriptures and questions from their handout. Encourage group members to share and each person reads.

📖 As a man thinketh in his heart, so is he. Proverbs 23:7 (KJV)

**? What role do our thoughts play in predicting our actions?**


📖 We fix our eyes, not on things seen, but on things unseen, for what is seen is temporal, but what is unseen is eternal 2 Corinthians 4:18.

**? When we want to change our behavior, why is it important to visualize the change?**

 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will. Romans 12:2 (NIV)

**? If you are single, what are the signs that you are having a mind affair? What about if you are married? Are the standards different?**


**? What advice would you give a single girl who is meeting men online?**

 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; 2 Corinthians 10:5 (KJV)


**? How do you tell the difference between vain imaginations and truth?**


**? Can we control our thoughts? How much?**

**? Based on what you've read, what is the difference between fantasy and imagination?**

 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8 (NIV)

**? How does Satan bait us to embrace a lie? Are his temptations complete lies?**

 There is no wisdom, no insight, no plan that can succeed against the LORD. Proverbs 21:30 (NIV)

 Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Joshua 1:7 (NIV) you cannot achieve victory unless you can first imagine it. If you can't perceive it you can't receive it.

**? What person or people in the Bible utilized the imagination step? Did it help or hinder their situation?**

## Group Exercise C

*The following action points are discussed in Love Junkies beginning on page 145. Read each action point. Participants can either follow along in their books or fill in the blanks on their handouts. After you read each bullet point, encourage group members to comment, giving their own insight or sharing their own experiences.*

**If you have trouble with the imagination step, try these action points to replace false thoughts with the truth:**

- ❖ Pray for God's vision.
- ❖ Judge the fruit of your thoughts.
- ❖ Pinpoint false beliefs.
- ❖ Write replacement thoughts.
- ❖ Declare the truth to yourself.
- ❖ Live in the moment.
- ❖ Give discouragement a time limit.
- ❖ Practice breath prayers.
- ❖ Memorize scriptures.



**Reading Assignment for Next Week: Prayer**  
Chapters 15-17