

## READING PLAN

Please read the chapters as outlined below: We will discuss the topics from the chapters listed each week.

- **February 17:** Overview and Reading Time
- **February 24:** Chapters 1-3
- **March 3:** Chapters 4-5
- **March 10:** Chapters 6-8
- **March 17:** Chapters 9-10
- **March 24:** Chapters 11-13
- **March 31:** Overflow if Needed and Summary

## PLEASE TAKE NOTES AND JOURNAL AS YOU READ

The book has activities built in where the author asked the readers to pause and ponder topics. Please do so and use your journal to collect your thoughts.

## USE THE THINKING POINTS AND QUESTIONS THAT WILL COME THROUGH THE GROUP.

At the end of each session, I will provide some thinking points to keep in mind during the next reading section. Please use those to help deepen your reading. I will also add additional thinking points or questions in the church's private Facebook group to help spark thoughts and challenge us all to engage the text in more ways.

## THINKING POINTS FOR CHAPTERS 1 – 3

- What kinds of thoughts tend to dominate your mind? Where do these thoughts primarily come from, (media, relationships, work, some other source). How might these thoughts be shaping who you are becoming?
- The rule of exposure states that whatever we are exposed to the most will shape our thoughts the most. How have you witnessed the truth of this rule in your life? Consider the examples from the book and share your thoughts. How could you be more intentional about what you expose your mind to?
- Transforming our thinking requires a fundamental rewiring of how we process the world around us. This journey begins with monitoring our exposure. What are some of the things that you are exposing your mind to that could potentially lead you down the wrong path? What are some of the positive voices in your life that you are listening to?