

## EP 223: MIND RESET

Juan Garcia

### Open in Prayer

**Ice Breaker** (use this one or make up your own)

What is something you are obsessed with?

### Discussion Questions

1. Do you consider yourself an optimist or pessimist? Why?
2. How often do you meditate on God's Word?
3. Can you identify a stronghold in your life?
4. What truth can you use to replace that stronghold?
5. Would you like your prayer time to be stronger than it is now? How about your time in the Word?

### Legacy in Action

What could you, or your group, do between now and the next meeting to bless others? For some ideas, please visit [www.LegacyMindedMen.org/groups](http://www.LegacyMindedMen.org/groups)

### Close in Prayer

At this time, you could ask for prayer requests from the men.

**\*Note:** *We recommend that each man watch the video Lesson prior to the meeting to ensure maximum impact. If not watch as a group.*