



CORNER FRINGE MINISTRIES

FREEDOM IN MESSIAH

Student Guide | Week 5 | The Truth-Dwelling Plan

Dwell Here — How the Mind Actually Changes

THIS WEEK'S FOCUS

Knowing that the mind is a battlefield is only the first step. This week is about how the mind is actually renewed — what it requires, why willpower alone always fails, and what genuine transformation looks like from the inside out.

THE JOURNEY SO FAR

LAST WEEK

We identified strongholds — the deep, ingrained lies that operate like an invisible operating system beneath our behavior. We named the lie. Now we learn how to replace it.

THIS WEEK

Renewal. Not suppression, not willpower, not behavior management. Actual transformation at the level of the mind. This week we learn what that requires and how to cooperate with it.

THIS WEEK'S MEMORY ANCHOR

"Do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect."

Romans 12:2

A THOUGHT TO CARRY THROUGH THE WEEK

You cannot think your way into new behavior. But you can receive truth deeply enough that new behavior becomes the natural expression of a renewed mind.

God spoke His sevenfold promise of redemption over Israel while they were still in the middle of their mess; they had not yet experienced any of it. The word of promise preceded its realization. Truth spoken, received, and rehearsed changes the soil at the root for God's word to grow in. Change the soil and the resultant fruit will change naturally.

RELEVANT THOUGHTS THAT CAME TO MIND DURING THE WEEK:

BREAKOUT SESSION

Week 5 | *The Truth-Dwelling Plan*

Total time: 60 minutes | No facilitator needed — follow the steps

HOW THIS WORKS

There is no leader in this group — everyone follows the steps together. Each step has a time guide. Stay with the step you are on. If someone in the group needs more time on a particular step, the group can choose to continue with it. The structure serves the people, not the other way around. The goal is not to get through all of the steps. The goal is that each person in the group leaves having done real work and no member of the group leaves feeling left behind.

Open your session with prayer. Let the Spirit guide one of you to begin.

STEP 1 LAND THE TEACHING 8–10 minutes

Someone in the group reads this aloud before anyone responds:

The teaching this week made a critical distinction: Willpower operates at the level of behavior — it says do not do the thing. Renewal operates at the level of belief — it replaces the lie with truth at the root until the truth becomes the new operating system. When the belief changes, the behavior changes — not by effort, but as a natural consequence.

Take 2 minutes of silence. Let each person answer this question privately before anyone speaks:

What have you been doing to try to change your thinking and is it actually working? Is there a pattern you have been trying to break by willpower that keeps coming back? What level of change is actually needed? What truth about God or your identity in Messiah — if you actually believed it deeply — would make that pattern unnecessary?

My honest answer to Step 1:

Now go around the group. Let each person share his or her answer as honestly as possible. No cross-talk while someone is sharing. When everyone has spoken, move to Step 2.

STEP 2 GO DEEPER TOGETHER 20–25 minutes

This is the heart of the session. The question is harder than Step 1. It requires more honesty. Take 2 minutes of silence before anyone speaks — let each person sit with their thoughts privately first.

This tool converts the insight from last week's root work into a specific, actionable plan for renewing your mind this week. Knowing the truth is not the same as dwelling in it.

Step A: Write the lie your stronghold is built on — the “root belief” you identified in last week’s “Five Whys” exercise or a new stronghold that the Holy Spirit has brought to your mind today.

Step B: Write the specific truth that directly dismantles that lie. Be as precise as possible. Include a scripture reference if you can.

Step C: Define your dwelling plan — exactly when and how you will rehearse this truth each day. Vague intentions do not produce renewal. Specific plans do.

Step D: Name the person you will share this with for accountability.

The lie I am renouncing:

The specific truth that replaces it (include a scriptural reference if possible):

When I will rehearse this truth daily:

How I will rehearse it (say aloud, write, pray):

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The person I am sharing this with for accountability:

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When you are ready, go around the group and let each person respond. The group listens fully before anyone else speaks. If someone in the group is particularly moved by this question — if the Holy Spirit is clearly doing something — let the group stay with that person. Do not rush past a real moment to stay on schedule. This is the most important work — what the time margin is for.

What specific truth from Scripture do you need to dwell in this week? This is not just something to understand intellectually, but a truth you will actually live out. What would it look like to take up residence in that truth every day until the next session?

When everyone has spoken, move to Step 3.

STEP 3 THE ROOT WORK 20-25 minutes

Take 2-5 minutes to complete the Root Question Framework privately and honestly. Write it down. The act of writing forces honesty in a way that thinking alone does not. If you're running out of time in your group, please skip ahead to the group discussion and complete this framework on your own later.

What have you been doing to try and change your thinking? What thoughts do you have while you're wrestling? What lies do you hear when you fail? What Truth from Scripture will you renew in your mind the next time the same oppressive thoughts surface?

THE ROOT QUESTION FRAMEWORK	
Go deeper on what steps one and two surfaced.	
The behavior is:	What do I keep doing — or running to — that I know is not producing life?
The feeling is:	What does it feel like right before I go there? Shame? Fear? Emptiness? Loneliness?
The lie beneath is:	What must I believe about myself — or about God — for this to feel necessary?
The truth is:	What does God actually say about me in this place? (Use scripture if you can.)

After everyone has had time to write, go around the group. Each person shares what they wrote — as much or as little as they are ready to share. The group listens. No fixing, no advising, no jumping to solutions. Just witness what each person brings.

Use most of this time discussing and reflecting on the whole group's testimony:

GROUP REFLECTION

What is the difference between knowing a truth and actually living from it? As a group — what truths do you know in your head that have not yet landed in how you actually live?

PREPARE TO SHARE

When you return to the main room, your group may be asked to share. Together, decide on one thing — one insight, one moment, one declaration — that represents what happened in your group today.

Complete this sentence as a group: “The truth we are committing to dwell in this week is:

_____.”

Here’s what our group is taking away (write it down so you don’t lose it):

STEP 4 CLOSING PRAYER 2-5 minutes

Allow the Spirit to lead one person to close in prayer. Then go around the group — each person may pray one sentence if they are willing. No one is required to pray. No one is skipped over without grace.

Suggested focus: Pray the Memory Anchor back to God as a declaration over your own life and ask Him to help you renew your mind. Pray for the Holy Spirit to help everyone in your group submit to God’s transforming work in them.

One person closes the prayer when the group is ready.