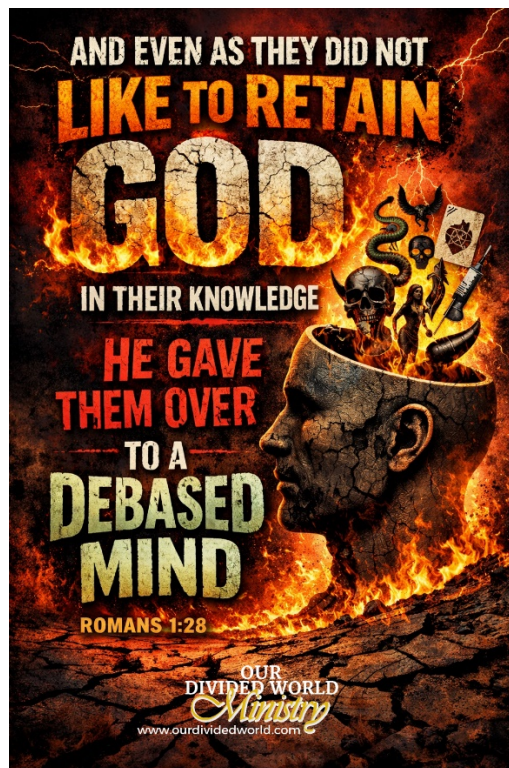


When a Culture Forgets God, the Mind Breaks

A Study & Discussion Guide for Teachers and Anyone Wanting to Learn More



PART 1: DISCUSSION GUIDE

“When the Mind Breaks: Understanding Romans 1:28 in Today’s World”

Key Scripture: Romans 1:28 (ESV or NKJV recommended)

“And since they did not see fit to acknowledge God, God gave them up to a debased mind...”

PURPOSE

- To help participants recognize cultural and personal thought patterns shaped by lies
 - To separate **biblical truth from emotional reaction**
 - To guide people toward **renewal, not condemnation**
-

OPENING ICEBREAKER (5–7 minutes)

Question:

👉 What's something you see online or in culture that feels "normal" now—but would have shocked people 20 years ago?

Purpose: This eases the room into cultural awareness without immediately accusing or polarizing.

SECTION 1: WHAT DOES "A DEBASED MIND" MEAN? (10 minutes)

Read Romans 1:28 aloud.

Teaching Note (Leader):

A "debased" (or "reprobate") mind does not mean unintelligent. It means *morally distorted*. A mind that no longer evaluates right and wrong clearly because God has been rejected as the standard.

Discussion Questions

- Why do you think Paul connects rejecting God with losing clarity in thinking?
- Can someone be very educated and still spiritually confused? Why?
- What happens when feelings become the highest authority?

Key Truth:

A broken mind doesn't always look evil—it often looks *confident and convinced*.

SECTION 2: CULTURAL SYMPTOMS OF A BROKEN MIND (10–15 minutes)

Group Activity:

Have participants call out words they associate with modern culture. Write them down.

Examples often include:

- Outrage
- Protest

- Canceling
- Confusion
- Anger
- Anxiety
- Tribalism
- Identity crisis

Discussion Questions

- Which of these feel most dominant today?
- Why do you think anger spreads faster than peace?
- How do lies gain power when repeated enough?

Key Insight:

When truth is removed, noise increases. Confusion thrives where clarity is rejected.

SECTION 3: PERSONAL REFLECTION — WHERE DOES THIS SHOW UP IN ME? (10 minutes)

Quiet Reflection (1–2 minutes):

Ask participants to silently consider:

- Do I react more than I reflect?
- Do I seek truth—or affirmation?
- Do I avoid voices that challenge me?

Discussion Questions (Optional Sharing)

- What's one-way social media affects your thinking negatively?
- Have you ever believed something just because "everyone else did"?
- What's one lie culture tells that Scripture directly contradicts?

Leader Reminder:

This is about growth, not shame.

SECTION 4: RENEWING A BROKEN MIND (15 minutes)

Read Romans 12:2

Practical Renewal Steps (Discuss Each)

1. **Restore God to the center** – Truth starts with surrender.
2. **Slow the outrage cycle** – Not every issue deserves immediate reaction.
3. **Test ideas against Scripture** – Even popular ones.
4. **Choose humility over certainty** – Pride hardens, humility heals.
5. **Practice disciplined thinking** – What you consume shapes you.

Discussion Questions

- Which step feels hardest right now?
 - What would change if Christians were known for clarity instead of outrage?
 - How can we disagree without hatred?
-

CLOSING PRAYER (Leader)

Pray for:

- Discernment
- Peace over anger
- Courage to pursue truth
- Renewal of the mind

If you need prayer help, you can use these specific verses to regain focus when you feel a spiral starting:

For Clarity: "God has not given me a spirit of fear, but of power, love, and a sound mind" (2 Timothy 1:7).

For Rest: "Come to me, all who labor and are heavy laden, and I will give you rest" (Matthew 11:28).

For Protection: "You keep him in perfect peace whose mind is stayed on you, because he trusts in you" (Isaiah 26:3).

For Restoration: "Heal me, Lord, and I will be healed; save me and I will be saved" (Jeremiah 17:14).

Daily Practice Tip: When a negative thought arises, immediately say, "I take this thought to Christ," and pray one of the verses above to steer you in the direction of truth. Also, read Philippians 4:8 to help you strengthen your faith.

Watch for our Canva's, articles and sermons on this specific subject on our website:
www.ourdividedworld.com. If you have any thoughts, ideas or comments please let us know. If you would like to get involved in our ministry you can contact us directly at either;
john@ourdividedworld.com or jean@ourdividedworld.com