

PROGRAM YOUR MIND

The Christian Teachings of Virtue (Series 1, Part 8, Teaching #8)

Instructions: Watch video, read aloud, underline what stands out to you most, discuss



Leader Guide...

*See the back page for
detailed facilitator
instructions.*

Your intellect is one of the most powerful gifts God has given you. With it, you can learn, reason, create, and discern. There is no ceiling to your capacity for growth. But while your mind is capable of incredible things, it is also vulnerable. Left to program itself—shaped by culture, emotion, or pride—it can easily lose its way.

The reality is this: most of us are on a quest for the good, but we've never been shown the path to get there. We chase after whatever seems fulfilling—friends, attention, wealth, status, possessions—only to discover that even if we attain them, the fulfillment is fleeting. Highs crash into lows. Moments of pleasure give way to emptiness. And slowly, we begin to wonder if something is wrong with us—when really, we've just been taught to seek the good in all the wrong places.



“If we are well educated [in virtue], we will have moral order. If not, vice and disorder will prevail” (St. John Bosco). So many are left misinformed, underformed, or deformed in their thinking—not because they are unwilling, but because no one ever showed them the way. “Educating the mind without educating the heart is no education at all” (Aristotle). If your intellect is not formed by truth, your heart will be pulled by lies. And without a strong moral education, your thoughts, choices, and character will drift—far from God and far from the person He created you to be.

But it doesn't have to be this way.

There is a path—one built not on trends or opinion, but on truth—illuminated by Scripture, lived out by the saints, and perfected in Christ Himself. Scripture calls you to it: “Wisdom is a fountain of life to one who has it...” (Proverbs 16:22), and again, “All the virtues are the result of Wisdom's work: justice and courage, self-control and understanding. Life can offer us nothing more valuable than these” (Wisdom 8:7).

To learn the teachings of virtue is to rewire the way you think—not just to know what is good, but to love what is good, to desire what is holy, and to pursue what is true. This is not a one-time switch. It is a daily reorientation—a process of shedding worldly thoughts and embracing the character of Christ. With each truth you learn and live, your intellect is strengthened. With each virtue you practice, your soul is formed.

Renew your mind—and you will renew your life. Let the Holy Spirit shape your thoughts, align your will with God's, and flood your mind with wisdom from above. For once your mind is fixed on what is good, acceptable, and perfect, you will never again be fooled by what is not.

To program your mind in the teachings of virtue—the very journey you have now begun—is to attain the key that opens the door to the path of a fruitful, faithful, and fulfilling life.



Watch Video: Scan the QR code to access the video for this teaching as well as additional resources such as related Scripture, quotes, and more.
Or, visit horseandchariot.com/program-your-mind



Your mind is constantly being formed by something. Culture, emotions, desires, and other influences all compete to shape how you understand what is good. The Christian life requires intentionally renewing the mind—learning what is true and putting it into practice. Through Scripture, virtue, and the Holy Spirit, your intellect can be formed in wisdom and your character in Christ.

1. Your mind is always being formed. What you repeatedly consume and believe shapes how you think. → What is having the greatest influence on your mind?

2. Truth must guide your intellect. Feelings and opinions can mislead when separated from truth. → Is God's truth or the world shaping your beliefs?

3. Virtue must be learned. You cannot consistently choose the good if you do not recognize it. → Are you intentionally learning the teachings of virtue?

4. Knowledge must become character. The goal is not merely to know the good, but to live it. → What truth do you understand but struggle to practice?

5. Renewal requires repetition. Forming the mind is a daily process of rejecting falsehood and returning to truth. → What thought pattern needs to be replaced?

6. A renewed mind transforms your life. As your thinking changes, your choices and character follow. → Where would renewed thinking most transform your life?

CHARACTERISTICS OF A WELL-FORMED MIND

Those who form their intellect in virtue exhibit these traits:

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| 1. Wise. They seek what is truly good, not merely desirable. | 4. Teachable. They remain humble enough to learn and be corrected. |
| 2. Discerning. They examine ideas rather than accepting them blindly. | 5. Intentional. They carefully choose what shapes their thoughts. |
| 3. Truth-Seeking. They seek truth rather than personal preference. | 6. Christ-Centered. They measure their thinking against Christ. |

Signs Your Mind Is Being Formed by the Wrong Things...

- You rarely question the messages you consume.
- You allow feelings or desires to define what is true.
- You expect worldly success or pleasure to fulfill you.
- You spend little time learning Scripture or virtue.
- You entertain thoughts that strengthen vice.
- You resist correction or changing your mind.
- You know what is right but rarely put it into practice.

Think: My mind is being formed every day. If I allow the world or my desires to shape it, my life will follow their direction. Through Scripture, virtue, and the Holy Spirit, I can renew my mind in truth. I will learn what is good, love what is good, and practice what is good.

Pray: Lord, renew my mind and fill it with wisdom. Help me recognize the false ideas and desires that distort my thinking. Give me humility to learn, discernment to recognize truth, and discipline to pursue what is good. By Your Spirit, form my mind and shape my character into the likeness of Christ. Amen.

SELF-EVALUATION & ACTION STEP

Of the areas you underlined throughout this teaching, which stood out to you most and why?
(Reflect, write down, discuss)

Rate yourself from 1-10

1 = The world largely shapes my thinking

10 = I intentionally renew my mind in truth and virtue

1	2	3	4	5	6	7	8	9	10
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← (avoid 5) →

Why did you give yourself this rating?

What influence currently has the greatest effect on how you think?

What false belief or unhealthy thought pattern most needs to change?

What will you do this week to fill your mind with more truth, virtue, and wisdom?

Daily Affirmation: Today, I will renew my mind in truth. By God's grace, I will reject thoughts that lead me away from Him, fill my intellect with wisdom, and practice virtue—so that the character of Christ becomes the pattern of my life.

FACILITATOR INSTRUCTIONS

Courageous Facilitator,

Your willingness to step forward and lead is a gift of grace to your community and a brave act of faith. God bless you for answering the call to inspire others to grow in virtue and pursue the character of Christ.

The Holy Spirit thrives in fellowship and community, working powerfully through the connections and shared experiences of small groups. That's why these lesson plans are designed to cultivate genuine relationships, inspire meaningful conversations, and foster a spirit of transformation through shared wisdom and grace.

Facilitating these lessons is both simple and impactful. While many forms of teaching rely on one-way communication, where one person speaks and others listen, true transformation happens through two-way communication. In this format, ideas aren't merely taught—they're explored together. You'll guide, but everyone will share and learn from one another, creating a rich environment where the Holy Spirit can move and grow each mind, heart, and soul.

These lesson plans succeed because they:

- **Encourage connection** in a collaborative small group setting that fosters action and accountability
- **Empower every voice** with opportunities for each participant to share and contribute
- **Inspire growth** through educational, inspirational, and transformational teachings

Your role as a facilitator is to:

- **Follow the instructions and trust the process**—the wheel is already built, you're here to guide it.
- **Honor the schedule** by being punctual and respecting the time of your group.
- **Lead with love** and rely on God's grace to inspire, guide, and uplift everyone in the group.

Your courage to create a space for growth and fellowship will not only bless others but will deepen your own journey of faith and virtue. Together, with God's help, lives will be transformed.

To God be the glory!

FACILITATOR CHECKLIST

1. Getting Started (5-10 mins)

- ☐ Give everyone a few minutes to join before getting started. Be friendly and greet people as they arrive. Get them talking! Come prepared with some good ice-breaker questions you can ask during this time.
- ☐ 3-5 minutes in, do quick introductions for anyone new to the group. What brought them to the group? Spend a moment getting to know them.
- ☐ Open with a short prayer (facilitator or volunteer).

2. Watch & Read the Teaching (5-10 mins)

- ☐ Watch the video of the teaching as a group.
- ☐ Have a volunteer read all of page 1. Have others follow along and underline what stands out to them most.

3. How it Applies (5-10 mins)

- ☐ Have a volunteer read all of page 2. Have others follow along and underline what stands out to them most.

4. Reflection & Discussion (20-30 mins)

- ☐ Have everyone quietly take 5 minutes to complete the "Self-Evaluation & Action Step" on page 3.
- ☐ Then, going around the group, have each person take a minute to share what stood out to them most about the teaching and why.
- ☐ If time allows, continue the discussion using the remaining self-evaluation questions as a guide.

5. Wrap Up (5 mins)

- ☐ Remind everyone to do the daily affirmation until you meet again next time.
- ☐ Ask for any prayer requests from the group.
- ☐ Close with a short prayer (facilitator or volunteer).