



CELL GROUP MATERIAL

17 JULY 2026

17 JULY (FRIDAY) SERMON

The Architecture of Thought

PASTOR DYRON ADAMS

The Architecture of Thought

Session One - Genesis 11:1-9

Icebreaker

Question: What is one recurring thought pattern (positive or negative) that you've noticed in your life this week?

Key Takeaways from the Sermon

1. **The Battle is in Our Minds** - The greatest victory Jesus won at Calvary began with winning the war in His mind at Golgotha (the place of the skull).
 2. **Our Thoughts Are Architecture** - Our thought life has architectural authority to build/design/construct a system in our physical brains.
 3. **Processing vs. Events** - How we think about what happened to us affects us more dramatically than what *actually happens* to us.
 4. **The Babel Principle** - Unified imagination plus unified language produces a specific reality. The story of Babel shows us that the struggles we have are not the result of the lack of power – the real issue is whether or not we are in alignment with God's nature.
 5. **Strongholds Are Not Demons** - A stronghold is a *thought system*, not a demonic entity. Strongholds are cast DOWN, not cast OUT. To cast DOWN is to bring a thought that is in opposition to what Jesus says (in His Word), under subjection to Him. This means we give these opposing thoughts no power or status in our minds but bring them under the control of Jesus by holding onto what He declares is truth instead.
 6. **Identity in Christ** – What you are struggling with does not make up your identity – don't let it define you. What you war against does not become who you are. You are not your worst day.
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Discussion Questions

Section 1: Understanding Our Thought Life

Q1: The sermon stated, "Our thoughts are not just *describing* our life, they are *designing* our life." How have you seen this principle play out in your own experience?

Q2: Pastor Dyron shared that "as a man or woman thinks, so are they" (Proverbs 23:7). What does this reveal about the power God has given us over our own minds?

Q3: Discuss the difference between operating in the "gifts" versus operating in the "authority of the anointing." Why does God want to process us through challenges before promoting us?

Section 2: Identifying Strongholds

Q4: The sermon explained that strongholds are thought systems, not demons. They must be cast DOWN, not cast OUT. What's the difference, and why does this matter?

Q5: The pattern was given: "An unchallenged thought becomes a belief. A repeated belief becomes a stronghold. A stronghold normalizes a culture." Can you identify this pattern in any area of your life or community?

Q6: What is your strongest, most repeated thought? Does it align with what God says about you?

Section 3: Breaking Free

Q7: The sermon stated: "If our minds can say no to God and God respects that, then there is nothing we can't say no to".

God respects our choices, even when we say 'no' to Him. That means we also have the power to say 'no' to whatever pulls us away from Him. How does this truth empower you to resist temptation, fear, or negative thinking?

Q8: Pastor Dyron shared about Joseph breaking generational curses through generational choices. What dysfunction or negative pattern might God be calling you to break in your family line?

Q9: "Don't let pain become false doctrine. Don't listen to the voices of your wound." How can unhealed hurt create wrong beliefs about God, others, or ourselves?

Section 4: Receiving from Heaven

Q10: Pastor Dyron exhorted us to declare, "Everything heaven is sending, I receive. Everything heaven did not send, it falls off of me right now." What is heaven sending you that you need to receive? What needs to fall off?

Q11: How does the truth that "you are fathered by perfect love" change the way you see yourself and your struggles?

Practical Applications

Individual Reflection

Take 3-5 minutes of silence for each person to answer these questions personally:

1. What specific thought pattern has God highlighted to me during this discussion?
2. What is one lie I've been believing that I need to cast down this week?
3. What is one truth from God I need to receive and meditate on?

Group Action Steps

Daily Practice:

- Each morning this week, start your day by declaring: "Everything heaven is sending, I receive. Everything heaven did not send, it falls off of me right now."

Thought Inventory:

- Throughout the week, pause three times daily to ask: "What am I thinking right now? Did heaven send this thought?"

Scripture Meditation:

- Memorize 2 Timothy 1:7 - "For God has not given us a spirit of fear, but of power and of love and of a sound mind."

Worship Practice:

- Spend time in worship (alone or with family) this week, remembering that worship synchronizes our hearts with heaven and with each other.

Accountability:

- Share with one other group member the specific thought pattern you're working to cast down. Check in with each other during the week.

Closing Exercise

Casting Down & Receiving

Part 1 - Casting Down:

- Have each person write on a piece of paper one stronghold or recurring negative thought they're casting down.

- Pray together, physically crumpling or tearing the papers as a symbolic act of casting down these thoughts.

Part 2 - Receiving:

- Have each person share one truth from God they're choosing to receive.
- Pray for one another, speaking these truths over each other.

Closing Prayer

Pray together:

"Jesus, we surrender our thought life to Your sovereignty. We cast down every thought that exalts itself against the knowledge of Christ. We refuse to be victimized by our past, our biology, or our circumstances. We receive the mind of Christ. We receive power, love, and a sound mind. Let our thoughts look like You. Build us until we reflect Your nature and Your likeness. In Jesus' name, Amen."
