

# Abide Leaders Guide

## **Week 8: Mind Games**

**March 22nd, 2026**

### **1. Normalize the mental battle**

Help the group understand that doubt and fear are common, not signs of failure or weak faith.

### **2. Encourage Scripture-based responses**

When struggles are shared, gently guide the group toward biblical truth rather than advice alone.

### **3. Emphasize progress over perfection**

Remind the group that renewal is a process. Small steps of obedience lead to growing clarity over time.