

THINK

WEEKLY STUDY GUIDE

ICEBREAKER

What's the strangest or funniest thing you've ever caught yourself thinking about during a sermon or church service?

CONTEXT

In our series we will be discussing the link between right thinking and right living by examining passages from Philippians 4. This week we are focused on applying Truth to our thought life.

PASSAGE

Philippians 4:8-9

DISCUSS

- How does right thinking impact right living?
- Do you personally struggle with negative thoughts or mental health issues? How do you think focusing on right thinking can help your situation?
- How can we actively think on truth, based on Philippians 4:8-9?
- What can you do practically in your daily life to think more actively about the virtues listed in Philippians?
- Read Romans 1:19-20 and 2 Timothy 3:15-16. What is the difference between general revelation and special revelation?
- What are some ways you have personally experienced general and special revelation in your own life?
- In what ways can truth be applied in our lives to liberate us from sin, sanctify us, and defend us?

DISCUSS CONTINUED

- Think of a time when the truth of God's Word impacted your life. How did it change you and your circumstances?
- Why is it important to combine prayer and Scripture reading in cultivating right thinking?
- How consistent is your prayer and Scripture reading life, and in what ways can you improve in this area to focus more on right thinking?

PRAYER

- Ask God to help us apply truth to our thoughts throughout the coming week.
- Pray for the younger generation, particularly Gen Z, who are struggling with mental health issues, that they may find hope, healing, and healthier thinking patterns.
- Ask God to reveal any negative thoughts or lies that we have believed, and help us replace them with right things and virtues from Philippians 4:8-9.
- If there is anyone in your group that struggles with anxiety or depression, spend time praying for them by name and even lay hands on them if they are comfortable with that.

BLESS

Share a BLESS person update

ADDITIONAL RESOURCE:

Praying the Bible by Donald Whitney



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