



WEEKLY STUDY GUIDE

ICEBREAKER

Are you someone who tends to be more positive or negative in your thought life?

CONTEXT

In our THINK series, we are exploring the connection between right thinking, right living, and right loving. We believe peace is possible by taking our thoughts captive and bringing them under the submission of Jesus. Today, we will talk about how thinking about what is commendable will impact our lives in significant ways.

PASSAGE

Philippians 4:8-9

DISCUSS

- How can we recognize and counteract a negative thought life daily?
- How do we renew our minds and transform our lives, as mentioned in Romans 12:2?
- Why is it important to seek out things that are commendable to put our minds on?
- What are some practical steps you can take to reduce your exposure to bad news and focus more on the commendable things in your life?
- Read Philippians 4:6. How can we practice gratitude over grumbling in difficult situations?
- Can you think of a recent example in your life where you could have practiced gratitude instead of grumbling? How would it have changed your perspective?

DISCUSS CONTINUED

- How can we apply Ephesians 4:29-32 in our relationships to speak words of encouragement, kindness, and forgiveness?
- Read Prov 18:21. How does this verse affect our ability to think on what is commendable?
- What are some specific ways you can practice speaking life-giving words in your conversations with others?

PRAYER

- Ask God to help us renew our minds and transform our lives through thinking differently.
- Pray for God to help us cultivate an attitude of gratitude, being honest about our struggles but expressing gratitude for His blessings and promises.
- Ask God to help us celebrate and encourage others instead of criticizing and tearing them down, using our words to preserve and build up life.
- Ask God to remind us to regularly preach the good news of the Gospel to ourselves, anchoring our thoughts in His love, salvation, and future redemption.

BLESS

- Share a BLESS person update



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