

THINK

WEEKLY STUDY GUIDE

ICEBREAKER

If you had to describe your thoughts throughout the day in one word, what would it be?

CONTEXT

In our series we will be discussing the link between right thinking and right living by examining passages from Philippians 4.

PASSAGE

Philippians 4:4-9

DISCUSS

- What factors contribute to wrong thinking in our lives, and how can they affect our mental health
- How might you personally identify and address these factors in your life to improve your mental well-being?
- How can we cultivate a constant attitude of rejoicing in the Lord, despite facing difficult circumstances?
- What aspects of your relationship with Jesus can you focus on to maintain joy in your life regardless of the challenges you face?
- Reread Philippians 4:5. Why is reasonableness an important virtue, and how can we demonstrate it towards others?
- In what situations have you observed a lack of reasonableness, and how can you personally practice it in your daily interactions with others?
- How can prayer with thanksgiving and worship help combat anxiety and worry?

DISCUSS CONTINUED

- What are some practical ways you can incorporate gratitude and prayer into your daily routine to reduce anxiety and worry in your life?
- Why is active thinking important, and how can we practice it by focusing on the virtues described in Philippians 4:8?
- How can you intentionally direct your thoughts towards the virtues outlined in Philippians 4:8, and what specific actions can you take to practice active thinking?

PRAYER

- Ask God to help us apply Philippians 4:4-9 of right thinking and its connection to right living in our lives throughout the week.
- Pray for those struggling with anxiety, depression, and suicidal thoughts, especially among the young, that they may find hope and healing through a relationship with Jesus.
- Ask God to help us find reasons for rejoicing in Christ, even in difficult circumstances, and to base our joy on His person and work rather than on our circumstances.
- Pray for reasonableness in our relationships, thinking not just about ourselves but also others and their best interests, reflecting our belief in Christ's return.

BLESS

- Share a BLESS person update



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