

Small Group Bible Study

Focus on What Is True and Noble

Based on *Philippians 4:8*

Opening (5 Minutes)

Open in prayer, then invite 2–3 people to share briefly:

“What’s one thing that has been dominating your thoughts this past week — and was it something life-giving or draining?”

Scripture Reading

Read aloud together:

Philippians 4:8 (ESV)

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

Also read:

- Genesis 3:1–6
- Proverbs 4:25
- James 1:14–15

Observation Questions — What does the text say?

1

List the six qualities Paul instructs us to focus on in *Philippians 4:8*. What do they have in common?

2

In *Genesis 3:6*, what did Eve focus on — and what did that narrow focus cause her to overlook?

3

What does *Proverbs 4:25* tell us about where our eyes and gaze should be directed?

- 4 In James 1:14–15, what is the progression from unchecked desire to its ultimate outcome?

Interpretation Questions — What does it mean?

- 1 The Greek word for “think” in Philippians 4:8 is *logizomai* — meaning to reason, count, or give sustained, deliberate thought. Why does it matter that Paul uses such an active word rather than a passive one?

- 2 Paul wrote Philippians from prison, a place with every reason to focus on the negative. How does that context change the weight of his instruction?

- 3 Deception, as seen in Eden, works by narrowing our vision to one forbidden or fearful thing while making an entire “garden” of God’s blessing invisible. Where do you see that same pattern at work today?

- 4 The sermon drew on cognitive therapy: emotional distress often comes not from events themselves, but from the meaning we assign to them. How does Philippians 4:8 serve as a tool for reframing our circumstances through God’s truth?

Discussion Questions — Getting Personal

- 1 The Focusometer Illustration: In what ways does constant smartphone or social media use act like a spiritual focusometer — narrowing what you see?

- 2 The Apollo 13 Story: The astronauts survived by fixing their gaze on one precise point to navigate home. What is your equivalent “fixed point” when life feels chaotic or overwhelming?

- 3 The Garden vs. the One Tree: Can anyone share a time when you were so focused on one problem or worry that you lost sight of God’s many other blessings? What helped you regain perspective?

- 4 Which of the six qualities in Philippians 4:8 — true, honorable, just, pure, lovely, commendable — feels most foreign to your thought life right now? Why?

Application — What will we do?

Have each person choose one of the following and share with the group:

STOP	Name one specific distraction — an app, a news feed, an anxious thought loop — that consistently pulls your focus away from God’s truth.
START	Name one Scripture, promise, or practice you will intentionally dwell on this week when anxiety or distraction creeps in.
SHARE	How could choosing to focus on “whatever is commendable” in the people around you change the atmosphere in your home, workplace, or friendships?

 **Closing Prayer & Weekly Challenge**

This week’s challenge:

Each morning, before picking up your phone, spend 2 minutes reading or reciting Philippians 4:8 and name one thing in each of the six categories that is true and good in your life right now.

Close in prayer, asking God to guard the group’s minds and help each person make deliberate, daily choices about where they direct their attention.

 **5-Day Personal Devotional**

Use these readings between group meetings:

Day	Theme	Key Verse
Day 1	The Battle for Your Focus	Philippians 4:8
Day 2	The Danger of a Distorted Focus	Genesis 3:6
Day 3	The Power of Purposeful Focus	Proverbs 4:25
Day 4	Focusing on What Is True	John 17:17
Day 5	Living a Focused Life	James 1:14–15

Based on the sermon “Focus on What Is True and Noble” • Real Life Church | Philippians 4:8