

### Discussion about Week 1: The Way We Think about Those We Love

- 1) When looking at the people in your life, whom has God placed in your heart to also be a person of influence to you? Why?
- 2) Shalom! This Hebrew word is a mighty blessing declaring peace, health, and prosperity over a person. What does it look like to speak a blessing over your loved ones?
- 3) How can you be thankful and grateful in your day-to-day life?
- 4) By being intentional about how we think, does this change your thoughts on the way you see God in your life?

### Discussion about Week 2: Thinking in Harmony with Others

- 1) What actions can we take to support and encourage others to grow and flourish?
- 2) How do you make time to really listen to others? If this is a challenge, what obstacle needs to be removed so you can do it?
- 3) A phrase in Dr. Brian Simmons TPT commentary of Phil 4:3 says, "Along our fair journey we may collide with another, but God always has grace for restoration." We will have disagreements, but how can you work to get to a place of unity with others you don't agree with?
- 4) How can that unity lead to a harmonious relationship with others and God?

### Discussion about Week 3: It's All About Attitude

- 1) Jesus is the perfect example of what it looked like to seek God on everything and listen to Father's direction and then being obedient to do it. How can we seek God's direction on situations and life? Can somebody share an example of what it looked like to wait for an answer and how the answer was given to them?
- 2) While we are seeking God's direction, it can be easy to get frustrated or start second guessing yourself, when an answer doesn't come right away. How can you keep your thoughts and attitude from going down a destructive path?
- 3) Romans 8:31 (NIV) – "What, then, shall we say in response to this? If God is for us, who can be against us?" Believing this truth, does it make being obedient to God easier? Why?

- 4) How has your attitude changed because you sought, listened, and acted according to God's direction in your life? Did having a better attitude change the situation, if so, why?

#### Discussion about Week 4: Thinking like Paul, Forward not Backward, Up not Down

- 1) Paul wanted others to follow his example because he was following the Lord. Who is following you?
- 2) Paul shows us and says that no matter the "season" of life, valley or mountaintop, we need to keep our focus on Jesus and the future. How do you walk this out in your life?
- 3) Do you have distractions that cause you to get side tracked and not keep focused? What are they and how can it be stopped?
- 4) Worry is a great distraction and can cause horrible reactions when we let it run our lives. Do you have a time that you can share where you surrendered your worry to Jesus? What happened from that surrender?

#### Discussion about Week 5: Thinking for Emotional Health

- 1) Why does Jesus want us to be emotionally healthy?
- 2) Our thoughts are directly related to our emotional health. Read Romans 12:2 (NIV) – "Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will." What does God's Word promise us when we stop listening to the world and instead direct our minds to Him?
- 3) God's Word tells us that we do not need to be trapped by our thoughts; instead we can have a renewing of our minds. How does this encourage you?
- 4) During the week there were 6 "filters" we unpacked in Phil 4:8 (NIV); they are: True, Noble, Right, Pure, Lovely and Admirable. Did any one of these stand out to you and why?