

“Choose How You Think”

Philippians 4:4-9
Pastor Chris Meade

_____ to give it over.

_____ thankfulness.

_____ your thoughts.

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BEYOND SUNDAY: DIVING DEEPER

1. Where did the Holy Spirit speak or challenge you through God's Word? Were there any "ah-ha" moments?
2. There are some sensitive topics in this passage. Maybe some pain points come up as you read it. Paul says be anxious for nothing. And the antidote is going to the sovereign God with everything—with a grateful dependence on God. How do you receive and respond to this? What makes letting go of worry and anxiety so hard?
3. If a life of gratefulness and thanksgiving is good for your soul, what are you thankful for? Dive deep into this. Even in your woundedness and past hurts, can you see something that you can be thankful for? How might this practice change your day? Your interactions and conversations with others?
4. If you write in your Bible, underline: Rejoice... (v.4). Let your gentleness be evident... (v5). Do not be anxious... (v.6). ...present your requests... (v.6) ...think about such things. (v.8). These are what are called imperatives, or commands, which means they are choices you have been empowered by God to choose and live out for your good. Which of these is the hardest to choose? Why?
5. What step can you start today that could help you choose your thoughts and live out the imperatives that God is calling you to focus on? Take several minutes to brainstorm ideas to create a biblical mindset based on Philippians 4:4-9. List as many ideas as you can. Then pick your top 1-3 ideas, and implement them this week.

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