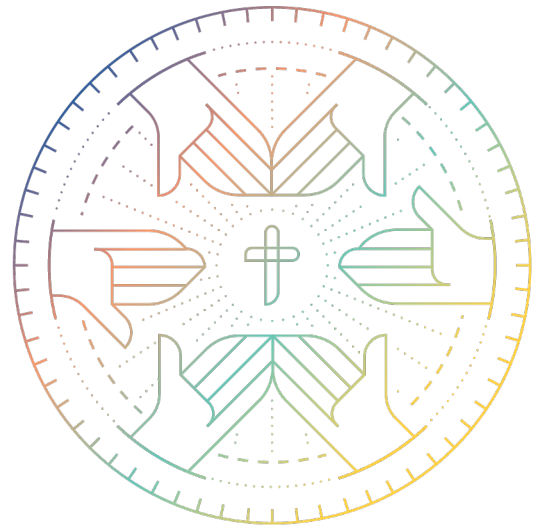


Group Life.

W E A R E B E T T E R T O G E T H E R



SMALL GROUP GUIDE

____ like Jesus: “You Become What Occupies Your Mind”
Scripture Focus: Philippians 4:8-9

ICEBREAKER

What is something you can think about that almost always improves your mood?

What is a phrase, commercial jingle, or song that gets stuck in your head far too easily?

INTRODUCTION

Our minds are always being filled and formed by something. The voices we listen to, the media we consume, the conversations we replay, and the thoughts we repeatedly entertain all influence the people we are becoming. Scripture tells us that the enemy is the father of lies, but Jesus leads us into truth. In Philippians 4, Paul calls believers to think intentionally about what is true, honorable, just, pure, lovely, commendable, excellent, and worthy of praise. He then challenges them not only to think differently, but also to practice what they have learned.

What stood out to you most from this week’s message?

INTO THE WORD

Read Philippians 4:8, Psalm 1:1–3, Romans 12:2, and 2 Corinthians 10:5. What do these passages teach us about the influence our thoughts have on the people we become? Which of Paul’s qualities—true, honorable, just, pure, lovely, commendable, excellent, or worthy of praise—do you think is most often overlooked in the way people think today? How can we tell when a thought should be challenged and brought into alignment with God’s truth?

Read Philippians 4:8, Psalm 46:10, and John 8:42–44. Jesus describes the devil as the father of lies, while God consistently invites His people to know and trust what is true. What are some common lies people believe about God or about themselves, and how can those lies shape the way they live? What truths from Scripture speak against those lies? How might regularly slowing down and being still before God help us recognize what is false and refocus our minds on what is true?

Read Philippians 4:9, Psalm 119:1–16, and James 1:22–25. What is the difference between knowing God’s truth and actually living it out? Why do you think there is often a gap between the two? What is a biblical truth that can be easy to agree with but difficult to practice in everyday life?

Read Philippians 4:8–9 and Isaiah 26:3. Paul promises that “the God of Peace will be with you.” What is the difference between wanting peaceful circumstances and experiencing the presence of the God of Peace? How have your thought patterns affected your sense of peace? Where do you need to welcome God’s presence into your thinking and actions right now?

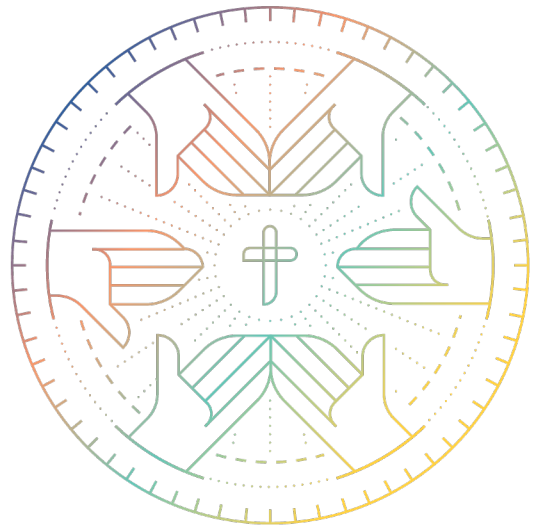
EMBRACE AND EMBODY

Living like Jesus means:

- Paying attention to what occupies our minds.
- Testing our thoughts against the truth of God.

Group Life.

W E A R E B E T T E R T O G E T H E R



- Replacing repeated lies with what God says.
- Filling our minds with what reflects God's character.
- Practicing the truth we have learned.
- Trusting the presence of the God of Peace.

As a group, discuss the following questions:

- Which of Paul's eight qualities do you most need to use as a filter for your thinking?
- What is one change you could make to what you regularly watch, read, listen to, or dwell on, to replace a lie with God's truth?
- What truth do you need to move from knowing to practicing?

TAKE YOUR NEXT RIGHT STEP

(Prayerfully consider one of the following next steps)

- **Seek God Daily:** Begin each day by reading Philippians 4:8–9. Ask God to reveal one thought that needs to be challenged and one truth on which you need to dwell.
- **Build Deep Relationships:** Share a repeated lie or discouraging thought with a trusted believer. Ask that person to help remind you of what is true.
- **Worship God:** Spend five minutes each day being still before God. Focus on one part of His character and thank Him for who He is.
- **Make God Known:** Speak something true, uplifting, and encouraging to someone who may be struggling or discouraged.
- **Live Generously:** Prayerfully consider if God is calling you to view generosity as a lifestyle rather than a transaction.

OPTIONAL GROUP PRAYER PRACTICE

Review these seven passages that help us combat lies that we may tend to believe. Have each group member consider which one of these passages to commit to memory.

1. **Romans 8:1** – No condemnation in Christ.
2. **Ephesians 2:10** – God made you for a purpose.
3. **Hebrews 13:5** – God will not leave you.
4. **1 Peter 5:7** – God cares for you.
5. **2 Corinthians 12:9** – His grace is sufficient.
6. **Philippians 1:6** – God is not finished with you.
7. **Romans 8:38–39** – Nothing can separate you from God's love.

CLOSING PRAYER

Father, thank You that You are the God of Truth and the God of Peace. You know every thought, concern, and fear that occupies our minds. Help us recognize the lies we have believed and replace them with what You say is true. Renew our minds and teach us to dwell on what is honorable, just, pure, lovely, commendable, excellent, and worthy of praise. Give us courage not only to learn Your truth, but also to practice it. May our thoughts and actions lead us deeper into Your presence and may the God of Peace be with us. In Jesus' name, Amen.