



# Week 2

## filters

### The Opening Question

If a friend or family member came to you and asked for advice on how to be more thankful, what advice would you give them?

### Watch the Video Clip

### Key Teaching Points

A THANKFUL HEART IS A GOOD HEALTHY HEART.

FILTERS KEEP UNWANTED THINGS OUT AND LET WANTED THINGS IN.

THREE LIFE FILTERS

1. PRAYER
  - Keeps worry out.
  - Lets peace in.
2. THOUGHT
  - Keeps garbage out.
  - Lets purity in.
3. ATTITUDE
  - Keeps conditional happiness out.
  - Lets unconditional joy in.

NEXT STEP: Don't just have a filter; use that filter.

- Prayer // LET YOUR CONVERSATIONS WITH GOD BE A BARRIER BETWEEN YOU AND WORRY.
- Thought // LET YOUR CHOICE OF WHAT YOU DWELL ON BE A BARRIER BETWEEN YOU AND JUNK.
- Attitude // LET YOUR DETERMINATION TO BE CONTENT BE A BARRIER BETWEEN YOU AND UNHAPPINESS.

### Philippians 4:4-13 (NIV)

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God,

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which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

## **Discussion Questions**

What was your biggest takeaway from today's teaching?

Paul put out the challenge to “rejoice always.” On a scale of 1-10, with one being, “I never rejoice,” and 10 being, “I can't stop rejoicing,” where are you right now?

What unwanted things do you want kept out of your heart right now? What things do you want to let into your heart right now?

Of the three life filters, which one resonated with you most?

Bill's final point was that we all usually HAVE these filters. We just don't use them. How do you intent do put one or more of these filters to use in your life this week?

## **Pray**

The Apostle Paul closed his letter with great, practical wisdom for achieving a heart that is continually thankful and joyful. Make your prayer as a group today be to ask God to help you be “doers” of his word today and not just “hearers.” So many times, we hear God's word but just don't put it into practice. Ask him to specifically help every single person in your group to apply one of these filters this week. As you close out your prayer time, give thanks to God for being big enough to take away our worry, protect our thoughts from junk, and provide our lives with unconditional joy.