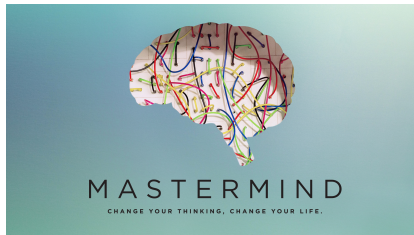


FROM THE BIBLE
Philippians 1:12-14 (NLT)
Proverbs 11:27 (NLT)

MESSAGE TO CONVERSATION GUIDE

Week 2 | **Re** Frame It

1. Joel started out with telling a story about his big brown ugly couch. What's the ugliest piece of furniture you've ever owned? Also, do you think the ugliest furniture is sometimes the most comfortable furniture?
2. In this message, we talked about a *Cognitive Bias* which is *a mistake in reasoning based on personal preferences or beliefs*. This is why 2 people can see the same thing (ex. a yellow traffic light) and respond in 2 totally different ways. What are some everyday examples of things 2 people see but respond to them differently?
3. The goal of this message was *ReFraming* which is *to change the way you look at something by changing your perspective*. Give 2 opposite perspectives (a positive response & a negative one) to the following examples...*the car breaks down, it's raining today, you didn't get the promotion*.
4. In this message, Joel said, *you can't control what happens to you but you can control how you frame it*. How can this principle apply to something in your life right now?
5. Read Philippians 1:12-14. The back story to Paul's words here is, he had dreamed of coming to Rome as a *preacher*...instead he came as a *prisoner*. How could Paul of framed this negatively? How did Paul *reframe* this positively?
6. Joel gave us 3 things to do *when things are bad*. The first example was to *thank God for what DIDN'T happen*. For example, if you're in a car accident & there are no injuries, you can thank God that nobody was hurt. Give an example of how you can apply this principle in your life.
7. When things *might* be bad, we talked about *pre-framing* the situation by choosing specific things to be positive about while heading into a potentially negative situation. How did Paul do this in Philippians 1:12-14?
8. Read Proverbs 11:27. We ended by talking about buzzards vs. hummingbirds & the principle of *if you look for the bad, you'll find it; if you look for the good, we'll find it*. Do you believe that? How can you leverage this principle?
9. What one specific way you can use this message & conversation this week?



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