



# GUIDED BIBLE STUDY

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## **What We Focus On Shapes Who We Become**

**Speaker: Shane Condon**

### **Highlighted Scripture**

- **Philippians 4:8**

**Believers are instructed to focus their thoughts on whatever is true, honorable, right, pure, lovely, admirable, excellent, and worthy of praise.**

- **Psalms 25**

**Shane references Randy's devotional about seeking God's guidance and asking Him to show us the right path.**

- **Matthew 28:19**

**Shane references Scott's challenge to make disciples and live in a way that helps others follow Christ.**

### **Discussion Questions**

- **What are you giving the most attention to each day?**
- **How do your thoughts influence your attitudes, words, and actions?**

- **What distractions or sources of noise make it difficult for you to focus on God?**
- **In what ways does your life reflect what you value most?**
- **If someone observed your life closely, what would they conclude you are focused on?**

### **Reflection Challenge**

**This week, pay attention to what is shaping your mind and heart.**

**Ask yourself:**

- **Am I focusing more on fear or on God's faithfulness?**
- **What voices influence me most throughout the day?**
- **Am I creating intentional space to hear God's direction?**

**Try this:**

- **Begin each morning by reading Philippians 4:8.**
- **Limit one source of negativity or distraction this week.**
- **Set aside time each day for quiet prayer and reflection.**
- **Ask God to help you focus on His truth rather than your circumstances.**

**Remember**

- **What we focus on eventually shapes our character.**
- **A mind fixed on Christ produces a life that reflects Christ.**

- **God's guidance is easier to recognize when we slow down and listen.**
- **Remembering what Jesus has done strengthens our faith.**
- **Discipleship is lived out through everyday choices and relationships.**

## **Prayer**

**Father God,**

**Thank You for reminding me that what I focus on shapes who I become. Help me fix my mind on what is true, good, and worthy of praise. Quiet the distractions that compete for my attention and teach me to seek Your guidance above every other voice. May my life reflect Your love, truth, and grace so that others can see Jesus through me.**

**In Jesus' name,**

**Amen.**











