



Title: FROM HEAD TO HANDS

Main Scripture: Philippians 4:8-9

## CONSIDER YOUR THOUGHTS

(Prov 23:7, Rom 8:5, Mk 7:20-21a, 2 Cor 10:5, Is 26:3-4)

## CONTROL YOUR THOUGHTS

## FIND SOMEONE TO FOLLOW

(Phil 3:17, 1 Cor 11:1, Jam 1:22)

## Supporting Scripture

Proverbs 23:7

*For as he thinks within himself, so he is. ...*

Romans 8:5

*Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit.*

Mark 7:20-21a

<sup>20</sup> ... *“That which proceeds out of the man, that is what defiles the man.*

<sup>21</sup> *For from within, out of the heart of men, proceed the evil thoughts, ...”*

2 Corinthians 10:5

*We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,*

Isaiah 26:3-4

<sup>3</sup> *“You keep him in perfect peace whose mind is stayed on you, because he trusts in you.*

<sup>4</sup> *Trust in the Lord forever, for the Lord God is an everlasting rock.”*

1 Corinthians 11:1

*Be imitators of me, as I am of Christ.*

James 1:22

*But be doers of the word, and not hearers only, deceiving yourselves.*

## From Head to Hands – Philippians 4:8-9

May 11-12, 2024

The Small Group Sermon Study

**Prayer:** *Father, in Jesus' name, through Your Holy Spirit, we invite You to come now and lead our thoughts and conversation. We ask You to work in us as we read, discuss, and reflect on Your Word. And we ask You to change us to joyfully dwell on what is honourable, pure, and excellent. Amen.*

**Icebreaker:** Share a time you had a song stuck in your head, a food craving you couldn't shake, or some other persistent thought that kept coming to mind for you. Did you do something to get rid of it, or did it just fade on its own?

**Read Philippians 4:8-9 together. Before jumping into discussion, ask the Holy Spirit if there is anything He wants to bring to mind as you begin. Then take a couple of moments of silence to listen.**

- Share any thoughts or questions that came to mind as you were silently listening to what the Holy Spirit brought to mind for you. What stood out from Phil. 4:8-9 and the sermon?
- Pastor Scott pointed out that Paul is telling the Philippians to not only refrain from vile things but to even evaluate if neutral things are consuming our thoughts.
  - What vile things do we need to intentionally avoid in our culture to pursue Godly thoughts?
  - What neutral things contend for our time and compete with pursuing thoughts that truly glorify and honour God?
- How do we “take every thought captive to obey Christ”? What does this look like in everyday life?

### Personal Reflection:

- Are there things you fill your mind with that are not pleasing to God? For example, it may help to consider:
  - How much do you think about “things”? (Things you want, food you want to eat, where you want to travel next, to-do lists, etc.)
  - How much do you think about others? (People you care about, love, admire. Negative: People you dislike, hate, gossip, slander, etc.)
  - How much do you think about yourself?
  - How much do you think about God and things that glorify and honour Him?
- What is one thing you feel God inviting you to do this week to dwell intentionally on what is honourable, just, pure, lovely, commendable, excellent, and praise-worthy?

**Prayer:** Take some time to pray for one another. *Lord Jesus, Father God, Holy Spirit, we give You the floor, speak as You see fit and help us fix our minds on You as we look at Your words. Amen.*