

## Connect Group Discussion Guide – 2/25/2024

### Mindset Week 4 – Philippians 4:4-10

**Video Link:** <https://www.youtube.com/channel/UCQvR0S5fB8AzraGYts4eQfg> (Posted on Monday)

**Audio Only:** On Spotify or Apple Podcasts: Connection Point Podcast

#### Highlights

- Remember – with our thoughts, it's a war! So what do we do about the thoughts we don't even know about yet. The thoughts to come?
- Paul was a Pharisee who was persecuting Christians; but Jesus...
  - **Tell about a “but Jesus...” moment you've experienced; particularly with your thoughts.**
- **Philippians 4:4-5**
  - Rejoice – God gets our praise all the time because we acknowledge who He is.
  - Near – proximity and time
  - Gentleness is to be evident, but we are at war!
    - Jesus chooses gentleness:
      - Woman in adultery – didn't pick up a stone, he picked up the woman
      - Peter cutting off the servant's ear in the Garden – Jesus says we will have none of that and heals the man
      - Jesus didn't fight back, he willingly, gently laid down on that cross.
  - When we choose gentleness, we show the world the power and testimony of Jesus – the Gospel.
    - We would rather argue about stuff and take control – we would rather choose to be angry with anyone who opposes our beliefs or anyone who sees things differently from us.
  - The opposite of gentleness is control
  - **When have you chosen gentleness over control. What did that look like? How did that impact your thoughts?**
- **Philippians 4:6-7**
  - Prayer – communication is critical in every relationship
  - When we communicate regularly with God, it changes our relationship with Him.
    - Up your game of regular communication
    - THEN you can petition Him – ask for specific things
  - With thanksgiving – we need to be thankful as we ask, not after it happens. We thank God for listening and for who He is in our lives.
  - **Talk about the difference between prayer and petition.**
  - Peace of God – in the middle of our war, His Peace will protect our thoughts, keep the bad thoughts out
    - **His peace is your guard.** Your bodyguard, your protection
    - Peace is not soft, it's powerful.
    - **How has God's peace protected your thoughts?**
  - We must not accept anxiety as a normal part of life; it robs us of peace.
  - We must accept and embrace prayer and petition; it's where we find peace.
- **Philippians 4:8** The list of what we are to think about:
  - true, noble, right, pure, lovely, admirable, excellent, praiseworthy
    - Where do these words fit in your thought process?
    - These keep hurtful thoughts out.
    - **This list describes Jesus. Think on Jesus!!**

- **Changing your mindset is not something you do alone. Christ is with you and brings you peace.**
- If you need more time to digest everything we've talked about through Mindset series, Jon Acuff wrote a book called Soundtracks.
  - **Has anyone read Soundtracks? What did you think? How has it helped?**
- Three questions to ask about what you're thinking about:
  - Is it true?
  - Is it helpful?
  - Is it kind?
- If your thought makes you think badly about yourself, it is not of God.
  - You are created in HIS image and He would not give you those thoughts.
  - **What does this mean for you?**

#### Car Conversation:

1. When you think of things that are true noble and kind, what comes to mind?
2. When you think on those things, God brings Peace.

#### Mindset Summary

- We must replace our thoughts, not just remove them.
- We must capture every thought, not just the ones we think God should change.
- We must think on His character and let it point us to healthier thoughts.

#### The Bottom Line:

- **Changing your mindset is not something you do alone. Christ is with you and brings you peace.**
  - Up your prayer game and He will bring you peace.