

# Life Group STUDY GUIDE

## What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP.
2. A Bible or Bible APP to refer to verses.

## PURSUING LIFE TOGETHER SUNDAY MESSAGE REVIEW

**NOTE to the Life Group Leader:** This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

### OPEN IN PRAYER

### STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

### MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

### FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

### CLOSE IN PRAYER

## YOUR MIND IS A BATTLEFIELD “Getting Your Mind Right”

“Sow a thought, reap an action. Sow an action, reap a habit.  
Sow a habit and reap a character. Sow a character and reap a destiny.”

How to get your mind right:

1. Realize what an amazing gift God has given you!

- You are what you think
- You do what you think

*“Be careful what you think, because your thoughts run your life.”* Proverbs 4:23 (NCV)

- Your mind is made for the Lord

*“Love the Lord your God with all your heart and with all your soul and with all your mind.”*

Matthew 22:37

2. Understand what a valuable target your mind is to the enemy

*“We do live in the world, but we do not fight in the same way the world fights. We fight with weapons that are different from those the world uses. Our weapons have power from God that can destroy the enemy’s strong places... we capture every thought and make it give up and obey Christ.”* 2 Cor. 10:3-5 (NCV)

10 ways to develop a peaceful mindset:

*“Now I appeal to Euodia and Syntyche. Please, because you belong to the Lord, settle your disagreement. And I ask you, my true partner, to help these two women, for they worked hard with me in telling others the Good News. They worked along with Clement and the rest of my co-workers, whose names are written in the Book of Life.”* Philippians 4:2-3 (NLT)

*“Always be full of joy in the Lord. I say it again—rejoice!”* Philippians 4:4 (NLT)

*“Let everyone see that you are considerate in all you do.”* Philippians 4:5 (NLT)

*“Remember, the Lord is coming soon.”* Philippians 4:5 (NLT)

*“Don’t worry about anything”* Philippians 4:6 (NLT)

*“instead, pray about everything.”* Philippians 4:6 (NLT)

*“Tell God what you need”* Philippians 4:6 (NLT)

*“and thank him for all he has done.”* Philippians 4:6 (NLT)

*“And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”* Philippians 4:8 (NLT)

*“Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing.”* Philippians 4:9 (NLT)

1. Settle disagreements
2. Rejoice
3. Be considerate
4. Remember, the Lord is coming soon.
5. Don’t worry about anything
6. Pray about everything
7. Tell God what you need
8. Thank him for all he has done
9. Fix your thoughts
10. Practice your faith

Results:

*“The God of peace will be with you.”* (vs.9) ...which leads to:

*“...you will experience God’s peace.”* (vs.7a) ...why?

*“His peace will guard your heart and your mind”* (vs.7b)