

DISCIPLESHIP RESOURCES

DISCUSSION GUIDES

EVERY MONDAY

Discussion Guide

Sunday Sermon 7.12.26



What are you thinking?

This guide is designed to help your family or group take what was taught on Sunday and move from simply hearing the information to applying it in ways that build up and encourage one another. Feel free to adjust the depth and number of questions based on your time and the size of your group.

Access the Sermon on the Website & App:

[Click Here](#)



Opening Prayer & Icebreaker

Icebreaker Question: Share a time when you worried about something that never actually happened. Looking back, how did that worry affect you?

Key Scripture

Philippians 4:6-9

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things."

Main Takeaways

1. **Our emotions cannot differentiate between what is real and what is not** - What we dwell on in our minds directly affects our emotional and physical state.
 2. **Biblical anxiety is a deep concern that divides your mind** - It's not wrong to care deeply, but when that care divides us from trusting God, it becomes anxiety.
 3. **It is likely that 90% of what we worry about never happens, and 95% of today's thoughts are repeats from yesterday** - We create thought patterns that trap us.
 4. **The opposite of anxiety is not apathy, but deep trust in God that leads to fearlessness** - We should care deeply while trusting completely.
 5. **Transformation happens through the renewing of our minds** (Romans 12:2) - Changing your life starts with changing your thought life.
-

Discussion Questions

Section 1: What We Shouldn't Think About

1. What "lies" do you find yourself believing most often? (Examples: what others think of you, worst-case scenarios, self-doubt)
2. The sermon mentioned that over 90% of what we worry about never happens. Why do you think we still spend so much mental energy on these things?
3. How does fear play into your anxiety or worry? What are you typically most afraid of?
4. Read Mark 4:18-19. How do "the cares of this world" choke out God's word in your life? What specific "cares" distract you most?

Section 2: What We Should Think About

5. Looking at the list in Philippians 4:8 (true, noble, just, pure, lovely, good report, praiseworthy), which of these is hardest for you to focus on? Why?
6. The pastor mentioned that it's impossible to be thankful and anxious at the same time. Have you found this to be true? Share an example.
7. What role does prayer play in your daily thought life? Is it something you do throughout the day or only at set times?
8. **Inventory Check:** What are you currently filling your mind with?
 - What music do you listen to most?
 - What shows/movies do you watch?
 - Who do you spend the most time with?
 - What social media do you consume?
9. How do these things influence your thought patterns toward or away from godly thinking?

Section 3: The Result of Right Thinking

9. What does biblical peace look like in practical, everyday terms? Can you share a time when you experienced "peace that surpasses understanding"?
10. The sermon defined biblical peace as "confidence and rest in the wisdom and control of God rather than your own." What would change in your life if you truly lived this way?

11. How can having peace in difficult circumstances be a testimony to those who don't know Christ?
-

Personal Reflection Questions

(Take 3-5 minutes of silence for individual reflection)

- What is one specific lie I need to stop believing this week?
 - What is one truth from God's Word I need to replace it with?
 - What is one practical change I need to make in what I'm allowing into my mind?
-

Practical Applications

Challenge 1: Scripture Memorization

As a group (or with your family), commit to memorizing **Psalm 1:1-3** this week.

"Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; but his delight is in the law of the Lord, and in His law he meditates day and night. He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper."

Accountability: Text the group when you've successfully memorized it, and share one insight God showed you through meditating on it.

Challenge 2: Thought Life Audit

Complete this exercise daily for one week:

Morning: Write down 3 things you're thankful for before checking your phone.

Throughout the day: When you notice anxious or worrying thoughts, pause and ask:

- Is this true?
- Is this something I can control?
- What does God's Word say about this?

Evening: Journal one thing you meditated on today that was true, noble, just, pure, lovely, of good report, or praiseworthy.

Challenge 3: Media Fast

Choose one source of worldly input (social media, news, certain shows, etc.) to fast from for one week. Replace that time with:

- Reading Scripture
- Worship music
- Prayer
- Fellowship with believers

Share your experience with the group next week.

Challenge 4: Prayer Throughout the Day

Practice "praying without ceasing" (1 Thessalonians 5:17) by turning anxious thoughts into prayers immediately. Instead of dwelling on worry, talk to God about it in that moment.

Accountability & Prayer

Pair up with one other person in your group:

- Share one specific area where your thought life needs transformation
- Commit to checking in with each other during the week
- Pray specifically for each other's thought patterns

Group Prayer Focus:

- Pray for minds to be renewed by God's truth
 - Pray for freedom from anxiety and worry
 - Pray for discipline to meditate on Scripture
 - Pray for the peace of God to guard hearts and minds
-

Closing Thought

"If you want to change your life, you have to start by changing your thought life."

Remember: You CAN control your thoughts. With God's help and through His Word, transformation is possible. Be patient with yourself, extend grace, but also be intentional about what you allow into your mind.

Next Steps

- Memorize Psalm 1:1-3
- Complete the daily Thought Life Audit
- Share your progress in the group chat
- Come prepared next week to share what God taught you through this practice

Next Meeting: Be ready to discuss how the challenges went and what God revealed to you about your thought patterns.