



DISCUSSION GUIDE

Part 1 of The Matter of the Mind

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God revealed as the One who transforms our thinking, renews our perspective, and teaches us to bring every thought into obedience to Christ.

1. Take Captive the Interpretation of the Situation (*Philippians 1:12–14*)

- Paul was imprisoned, but instead of interpreting his circumstances as defeat, he recognized that God was using them to advance the gospel.

Discuss:

- *Have you ever experienced a situation that looked negative at first but God used it for something good? How did your perspective change?*
- *What circumstances are you currently interpreting through fear, frustration, or disappointment?*

2. Take Captive the Infatuation of Self (*Philippians 2:3–8*)

- Paul calls believers to reject selfish ambition and pride and to embrace the humility of Christ.

Discuss:

- *What are some ways selfish ambition or pride can influence our thoughts and decisions without us realizing it?*
- *How does Jesus' example of humility challenge the way you view your own rights, preferences, and comfort?*

3. Take Captive the Influence of the Scoreboard (*Philippians 3:13–14*)

- Paul refused to allow his past achievements or failures to determine his future. He chose to forget what was behind, press forward, and pursue the goal God had placed before him.

Discuss:

- *What past successes or failures have the potential to influence the way you see yourself today?*
- *What is one area where God may be calling you to stop looking back and start pressing forward?*



4. Take Captive the Internalization of Speculation (*Philippians 4:6–8*)

- Paul teaches us not to allow anxiety and speculation to take control of our minds. Instead, we are invited to bring everything to God in prayer and intentionally focus on what is true, honorable, just, pure, lovely, and commendable.

Discuss:

- *What kinds of “what if” thoughts or speculation tend to occupy your mind?*
- *What is one practical way you can be more intentional about what you allow your mind to dwell on this week?*

