

## Life Group Questions and Message Notes

1. When you get frustrated, what is your go to way to vent?
2. How are you practicing being content this week?
3. What is a way you can be more generous this week?

### **Shark-Infested Thinking – Breaking Free of Destructive Thought Patterns And Renewing Your Mind**

**Pastor Kerry Shook - September 11th, 2022**

*“Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out....”*  
Romans 12:2a (MSG)

*“... changed from the inside out....”*

*“Don't become so well adjusted to your culture that you fit into it without even thinking....”*  
Romans 12:2a (MSG)

*“... for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all things through Christ who strengthens me.”* Philippians 4:11-13 (NIV/NKJV)

- **PRACTICE CONNECTION**

*“We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise.”* 2 Corinthians 10:12 (NIV)

*“Everything is wearisome beyond description. No matter how much we see, we are never satisfied. No matter how much we hear, we are not content.”*  
Ecclesiastes 1:8 (NLT)

- **PRACTICE GRATITUDE**

*“If God gives us wealth and property and lets us enjoy them, we should be grateful and enjoy what we have worked for. It is a gift from God.”* Ecclesiastes 5:19 (GNT)

- **PRACTICE GIVING**

*“Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who*

*richly provides us with everything for our enjoyment. Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life.”*

1 Timothy 6:17-19 (NIV)