

RIVERS CROSSING COMMUNITY CHURCH

Community Group Discussion Guide
May 14, 2017



Playback – Week #4

INTRO:

1. The title for this week's message was "Retrain your Brain". When have you made an intentional effort to change your thought patterns? What was the change you were trying to make and how did it go?

DIVE IN:

This week is a culmination of the past 3 weeks – we've taken inventory of our thoughts, we've evaluated the source, and we've challenged the excuses we tell ourselves when it comes to our thoughts. As we wrap up this week, we now want to begin refocusing our thoughts. Read together Philippians 4:6-13 and then discuss the following questions:

1. Many of our playback loops are centered on worry. What do you worry about? How do you change your thoughts to "flip the script" from worry to prayer?
2. Share a time when you've experienced God's peace that passes understanding.
3. God's peace will guard your heart and mind AS you live in Jesus. How do you actively live in Jesus to obtain God's peace?
4. Paul says to "fix your thoughts" on a list of positive adjectives. How do you focus your thoughts on these things?
5. When you think about things that are "true, and honorable, and right, and pure, and lovely, and admirable... excellent and worthy of praise". What are these things for you?
6. Paul tells the Philippians to keep putting into practice all they've learned and received. What do you need to do to live out what you know, not simply have the head knowledge?
7. What would it look like if you could find contentment in all things? What would change in your mind even if no circumstances changed?
8. What cycles of thoughts on playback are centered on material things – what you have or don't have, what you want, what you've lost, etc...?
9. Philippians 4:13 is one of the misquoted verses of scripture – It's not a blanket statement that says

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Jesus will give us the freedom to do whatever we want. It's specific to the preceding verses – Jesus gives you the strength to change your thoughts. What do you need to do to take on the strength of Jesus to change your thoughts?

10. How can you actively refocus your thoughts this week off of the playback loop and onto the things of faith that are referenced in this passage?

NOW WHAT:

1. What part of this week's message has had the greatest impact on you? What truth(s) has God taught you through the message and our group discussion?
2. What do you need to do with that truth this week to become a fully engaged follower of Jesus?