

COMMUNITY GROUP DISCUSSION GUIDE

Week of 9/27/26

Opener (10 minutes or less)

What is something you spend way too much time thinking or overthinking about that has zero real-world importance?

DISCUSSION (50 minutes or less)

Begin your discussion time in prayer.

Scripture Reading: Philippians 4:8-9

Questions:

1. Paul lists eight qualities to focus our minds on (*true, honorable, just, pure, lovely, commendable, excellent, worthy of praise*). Which of these stands out as very applicable for our day and then also for your life?
 2. What practical "filters" or habits help you guard your mind against thoughts that do not align with this list?
 3. How have you experienced a direct connection between the things you choose to dwell on and your personal sense of peace or anxiety?
 4. Paul invites believers to practice what they have "learned, received, heard, and seen" in him. Who is someone in your life who models this kind of mind and mindset well, and what have you learned from watching them?
 5. Paul shifts from telling us what to *think* about in verse 8 to telling us what to *practice* in verse 9. Why is active practice necessary for spiritual growth, rather than just having the right mindset?
 6. What does experiencing God's presence as the "God of peace" look like in the middle of a difficult or chaotic season?
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PERSONAL (30 minutes or less)

1. Oikos - the 8 to 15 people God supernaturally and strategically places in your life. Any oikos moments you would like to share..
2. What is going on in your life (note prayer requests and praise reports)
3. Pray

Philippians 4:8-9

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.