

## Big Idea

Pastor Chris – Part 2

Your life is always moving in the direction of your strongest thoughts. Rather than focus on the negatives like the current coronavirus pandemic this week's message encouraged us to focus on who God is: The One who created us, the One who loves us, the One who shaped us, and the One who is leading us, and the One who is bringing us through. We can train our mind to think like Jesus. When we think like Jesus we will live like Jesus.

**And now brothers and sisters one final thing. Fix your thoughts on what is true and honorable, and right and pure, and lovely and admirable. Think about things that are excellent and worthy of praise.**  
**Philippians 4:8**

God wants us to be intentional with the things that we are thinking about instead of allowing our thoughts to drift. Intentionally spend time daily getting with God, reading His word, and talking with Him in prayer, is absolutely essential to create these new godly pathways, to "fix our thoughts" Philippians 4:8, to "set your mind" Colossians 3:2 and to "fix your mind" Hebrews 3:1 to think godly thoughts, to think like Jesus!

The application this week is to 1) fix our mind on things that are excellent and praiseworthy, 2) demolish the lies of the enemy with the truth of God's word, and 3) meditate (engage in mental exercise and focus one's thoughts) on the word of God.

## Discussion Questions

- What thoughts dominate your thinking currently? What do you talk about?
- Have you ever physically trained for something? A race, a climb, a health check, competition like gymnastics, swimming, ballet, etc.? Tell us about it,
- What principles can we apply from physically training to godly thought training?
- Write down:
  1. What thoughts dominate my mind and consume my time?
  2. Compare these to Philippians 4:8.
  3. What promises from God's Word demolish the lies of the enemy?
  4. Meditate on these promises this week and write down your thoughts.

## Prayer Focus

This week, when you are considering the problems that face you, make the choice to pause and allow the truth of God to change the course of your thoughts. Make the decision to fix your mind on the fact that God is sovereign, authentic, and involved. Thank Him for the fact that the world will fail you, but He never will.

## Next Steps

Have group members pray for one another to acknowledge that with God involved, the end is never the end. After that time of prayer for one another, pray for the group to live with an eternal perspective, allowing the truth from the Bible to change the way you think so that your life reflects the truth.

## Leader Tip

Remember to pray for your group members by name every day. Ask your members how you can pray for them and keep a list so you can see how God is answering your prayers.