

Potential Discussion Questions
Message: Engage JOY, Pt 25 (10-29-17)
Give Anxiety the Boot, pt 2 (Phil. 4:8-9)

1. Share a time where twisted thinking brought difficulty or destruction to your life. What caused you to realize your thinking was bad? How were you able to change your thinking to gain a healthier, more biblical result?
2. Has last week's message on anxiety helped you this week? If so, how? If not, why not?
3. What things most often "stock the frig" of your mind? Is there any rotten or unproductive food going in? How would you like to address that in your life?
4. How do you guide your mind to *dwell* on the healthy diet?
5. Review the 8 things Paul instructs us to dwell upon. Which stands out most to you? Can you give an example or illustration of how this works in a healthy, beneficial way? What are some of the lies we hear that attempt to draw us into the opposite way of thinking? See if you as a group can come up with at least one such lie for each of the 8 terms.
6. Read Psalm 19:7-11. What insight does this passage add to this discussion?
7. Read 2 Corinthians 10:3-5. What encouragements do these verses give on how to guide our minds to healthy thinking?
8. Sometimes, the harder we try to think (or not think) in a certain way, the harder it is to get where we want to be. Can you think of an example? How can we address that in seeking to use our minds well?
9. How does this passage help us understand the link between where our mind dwells and how we act?
10. What would you like to discuss about the passage that hasn't been addressed?
11. What is your best take-away from this study? How would you like others to pray for you in regard to this text?