



RENEWED MIND

LIVING A TRANSFORMED LIFE

WEEK 3 // FILLING OUR MINDS

KEY VERSE: PHILIPPIANS 4:4-9

“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”

- Philipians 4:4-9

PART 1 | CONVERSATION STARTERS:

1. Take a moment and share what your “practice” was last week, and describe how it went for you.

2. Describe a time in your life where you experienced the peace of God breaking into an anxious situation. What was it like? How did you notice God's presence? What did that moment reveal to you?
3. How does Paul address the proactive approach to our spiritual formation? How does his perspective challenge or support your own approach?
4. In verse 8 Paul lists several things that we should fill our mind with. Reflecting on his suggestions, what are some of the opposites to his suggestions? If we were to fill our mind with these opposites, what would the fruit be?
5. In what ways do you sense the Lord inviting you to "fill your mind" with what is true, noble, right, pure, lovely, admirable, excellent and praiseworthy?

PART 2 | HEAR – SAY – DO

Step 1: As a group, read aloud the key verse (preferably in a few different translations).

Step 2: Write the key verse out in your own words (Be as creative as you like, as long as it reflects the authentic you)

Step 3: Having heard and digested the verse, share how will it look in practice in your life, this week. Be as specific as possible. Share your action with the group, as you're comfortable, and pray for each others desired actions.

***Have each member of the group share their desired action step for the week and then, together, pray and ask the Lord to bless each person's step. Next week, come prepared to share your experience.**