



SERMON DISCUSSION GUIDE

WEEK 1 | OCT 31

Connect Questions

- What has been the best part of your week so far?
- What has been the most challenging part of your week so far?
- Which of the amazing facts about human anatomy was the most surprising?
- Do you remember how fast a human sneeze is?
- How many skin cells do we lose each day?

KEY QUOTE

We can allow the Holy Spirit to make basecamp in the life-giving quarter second between thought and action.

KEY VERSES

*Philippians 4:6-9
Ephesians 6:16
1 Peter 1:13, 5:8-9
2 Corinthians 10:3-5*

PRAYER

Dear God, help me to identify the ways that the devil is trying to “shoot arrows” at my mind. Help me not to allow my thoughts to carry me away from your grace and truth. In moments when I’m scared or lonely or hopeless, remind me that I am loved unconditionally and nothing will ever separate me from the love that you have for me. Help me to remember the hope of your grace in Jesus.

Discussion Questions

- If you had to guess, what would you say you spend most of your day thinking about? What are your thoughts most preoccupied with?
- Read Philippians 4:6-9. What do these passages say about what our minds tend to dwell on? Would you say that your thoughts are consumed with things that are “true, noble, right, pure, lovely” etc? Why or why not? What do you imagine would change if we fixed our thoughts on those things?
- Read Ephesians 6:16 and 1 Peter 5:8-9. What are these passages communicating to us? What is the warning in each of these passages and how do we defend ourselves against these dangers?
- What does 1 Peter 1:13 tell us to do? What does it mean to be “alert and fully sober?” In what ways are we vulnerable if we don’t heed this warning?
- Read 2 Corinthians 10:3-5. Can you identify several actions that Paul encourages us to take? Also, identify what we *have* in Christ? In other words, what does the power and presence of Christ help us do? What does this passage tell us about our minds?

Next Steps

- We’re encouraged to make every thought captive. What would that look like for you this week? This week, keep a “thought journal.” Make it on a note in your phone or on a notebook and write down the thoughts that occupy your mind. How can you take these thoughts captive? Are these thoughts pointing you toward the hope and grace in Christ? Turn these thoughts into *prayers* and invite God to guard your heart and your mind in Him.