

MONSTERS UNDER THE BED

THE WEEK OF FEBRUARY 6, 2022

FOCUS

CONVERSATION GUIDE

THIS WEEK'S TAKE-AWAYS

- Peace: (Philippians 4:4-7) I enjoy peace with God as I become more confident in God's grace and experience His presence in my life. I enjoy peace with others as engage in biblically healthy relationships with them. I seek to deal rightly with those who have wronged or offended me as I pursue peace with them.
- I am Confident: (1 Peter 1:3-5) Because my hope for the future is placed on the steadfastness of God and the trustworthiness of his promises, I live with confidence.



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INTRO QUESTIONS

- Why is social media proving to be so detrimental to our mental health? How can we resist its negative influence?
- How have you seen the media you consume affect your mental health and how you treat others?
- Everyone is being disciplined by something- we can be disciplined in our faith or by the world. What influences are shaping you and your family?
- Where is your focus? Are you being honest about it? What would the person closest to you say your focus is?



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Philippians 4:4–8 (CSB)

Rejoice in the Lord always. I will say it again: Rejoice! Let your graciousness be known to everyone. The Lord is near. Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things.

- Why does Paul use the word “whatever” so many times?



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- List out all the things we are supposed to think on. Beside each one name something you can think of that meets that criteria. Post it on your fridge this week to remind you.
- What does it mean to “dwell on these things?”

Psalms 1:1-6 (ESV)

*Blessed is the man
who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;
but his delight is in the law of the Lord,
and on his law he meditates day and night.
He is like a tree
planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.
In all that he does, he prospers.*



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*The wicked are not so,
but are like chaff that the wind drives away.
Therefore the wicked will not stand in the
judgment,
nor sinners in the congregation of the
righteous;
for the Lord knows the way of the righteous,
but the way of the wicked will perish.*

- Compare and contrast the blessed man and the wicked man.
- What are the actions of the blessed man? Who does he avoid? What does he do?
- What is the result for the blessed man? For the wicked?
- What is the Lord's role in all of this?



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2 Corinthians 10:3-5 (CSB)

For although we live in the flesh, we do not wage war according to the flesh, since the weapons of our warfare are not of the flesh, but are powerful through God for the demolition of strongholds. We demolish arguments and every proud thing that is raised up against the knowledge of God, and we take every thought captive to obey Christ.

- What does it mean to make every thought captive to obey Christ? How do we do it?
- Why do we have to take every thought captive?
- How do we know if our thoughts are obedient to Christ?
- Do you feel like you're master of your thoughts or mastered by them?



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NEXT STEPS:

- Take an audit of the media you consume regularly. What do you need to change? Do you need to take a media fast to break its control?
- When you turn on your TV, radio, or pick up something to read, compare what you are getting ready to consume to Philippians 4:8.

