

Attitude Adjustment

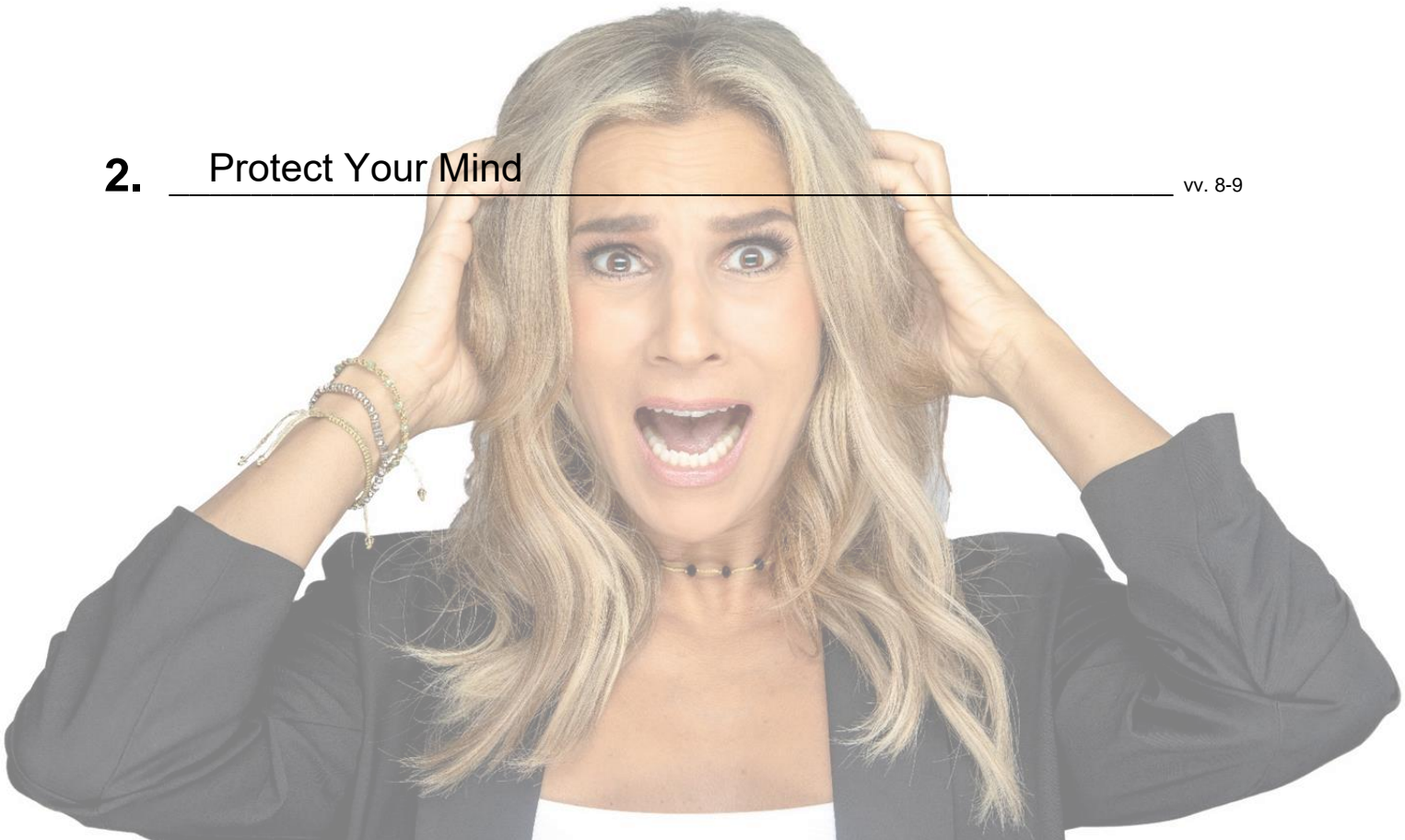
“ How Moms Can Stay Encouraged Year-Round ”

1. Turn Your Cares Into Prayers vv. 4-7

a. Be Thankful

b. Be Specific

2. Protect Your Mind vv. 8-9



Grow Group Discussion Questions

A grow group is 8-16 people who get together weekly to study God's word and the previous Sunday's message. There is a time of discussion, support, encouragement, and learning how the message applies to daily life. **PCC uses the ESV (English Standard Version).**

HOW DO I JOIN A GROUP?

To learn more or join a group, visit pacificcoastchurch.org/gg/ or sign up at the patio Info Kiosk.

Point #1

- Read Philippians 4:4-7. Given the Philippians were struggling with Paul's imprisonment, how did he provide relief?
- How does this relate to Point #1? In what way is it a supernatural solution? Why is this important to remember?
- When it comes to being a mom, what is your greatest struggle? How do you need to step into the truth of Point #1?

Point #2

- Read Philippians 4:8-9. What proactive instructions does Paul provide when it comes to experiencing God's peace?
- How does this relate to Point #2? Why will this take "practice"? How does this specifically relate to motherhood?
- As you consider Point #2, how do you need to do a better job of monitoring your thought life? Be specific.

Daily Devotions

These are provided for mid-week personal spiritual growth. Prayerfully writing out your answers will help you experience real life transformation as you dig deeper into the spiritual truths of God's word and today's message.

A downloadable PDF of this document is also available each week at pacificcoastchurch.org/sermons.

MONDAY // Read Philippians 4:4-7, 1 Thessalonians 5:17, 1 Peter 5:7

- Given the Apostle Paul was in prison when he wrote Philippians, what does his instruction highlight?
- What is promised when you turn your cares into prayers? How does "surpasses all understanding" relate?
- In what way do you typically respond when you get worried or anxious? How can today's truth help?

TUESDAY // Read Philippians 4:4-7, Matthew 6:25-33

- In what way does the Apostle Paul teach the same principle as Jesus? How is the result the same? Be specific.
- How would you rate your current level of anxiety on a scale of 1-5? (5 being high anxiety) Why?
- How will stepping into today's devotion help? Why is "with thanksgiving" important? Take time to pray right now.

WEDNESDAY // Read Philippians 4:4-7, 2 Corinthians 12:7-10

- In what way did Paul demonstrate the truth of Philippians 4:4-7 when it came to his "thorn"?
- Explain how God provided an attitude adjustment to Paul. What was the result? Be specific.
- What does this also highlight about being specific with God in prayer? How can you apply this to being a mom?

THURSDAY // Read Philippians 4:8-9, 2 Corinthians 10:5

- What proactive steps does Paul tell the Philippians to take when it comes to preventing worry or anxiety?
- Why do you think this is especially helpful for moms? Why is this important for every Christian to "practice"?
- As you consider your current thought life, what specific steps will you take to be more protective?

FRIDAY // Read Philippians 4:8-9, Romans 1:21, 1 Corinthians 1:19

- List the sample topics Paul encourages Christians to "think about". Which ones stand out to you?
- As you consider the wisdom of the world and compare it to God's wisdom, how does it differ? Be specific.
- Why is this important to recognize when it comes to an "attitude adjustment"? How does this adjust you?

SATURDAY // Read Philippians 4:8-9, John 14:27

- In what way did Jesus offer peace to the Disciples and at the same time hold them accountable for peace?
- What does this highlight about how moms can experience the peace of God today? How will triggers relate?
- List two areas of your thought life you need to do a better job of managing in order to experience God's peace.

MEDITATION VERSE: ⁶do not be anxious about anything but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:6-7**