

Mind Games

“ _____ ”

1. _____ v. 8

2. _____ v. 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.

GROW GROUPS ARE CURRENTLY ON THANKSGIVING BREAK

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 4:8, 2 Corinthians 10:3-5, 1 Corinthians 2:16

- Why does Paul encourage the Philippian Christian on how to "think"? In what way was he preventing anxiety?
- How were his instructions more than just catching yourself thinking negatively? Why is this important?
- What does this teach you about the impact of a godly thought life? How does this adjust you today? Be specific.

TUESDAY // Read Philippians 4:8, Proverbs 4:20-22

- Make a list of each word Paul uses to focus your thinking and prevent anxiety. (e.g., true, honorable, etc.)
- Using your own words, define what each word means. Now make a list of the opposite words. (e.g., true vs. lie)
- As you review this list, how is God speaking to you about your thought life? What needs to change? Be specific.

WEDNESDAY // Read Philippians 4:8, Psalm 46:10, Hebrews 4:9-11

- In what way does Paul's list of topics to think about also highlight a quieting of the mind in today's culture?
- When you consider today's media messaging of fear and anxiety, why will quieting your mind be challenging?
- As you ponder the need for a mental Sabbath (i.e., quieting your mind), how will you apply this truth? Be specific.

THURSDAY // Read Philippians 4:8-9

- What does Paul promise if you step into today's scripture? What is also required on your part? (i.e., practice)
- Why is this important to remember? (i.e., the anxiety cycle) How have you experienced this cycle?
- In what way does the idea of practice help with expectations and being hard on yourself? Be specific.

FRIDAY // Read Philippians 4:9, 2 Timothy 2:3-6

- Given Paul's description of the Christian life as a soldier, farmer, and athlete, what does this imply about effort?
- In what way does this also relate to addressing anxiety in your life? Be specific. Why will culture challenge you?
- How should this shape the way you measure success? (i.e., sprint vs. marathon) How do you need to adjust?

SATURDAY // Read Matthew 6:25-34, Philippians 4:4-9

- As you review the past four weeks of verses, try to list from memory the 8 application points we talked about.
- Which points were most helpful for you? Why? On a scale of 1-10 (10 being worst), rate your anxiety struggle.
- What specific truths is God revealing to you to step into in the months ahead? Who can keep you accountable?

MEDITATION VERSE: ⁸Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. **Philippians 4:8-9**