

GO DEEPER

use these questions for further study

Last week we focused on choosing to pray when anxious. Were you able to incorporate this into your life or use the prayer exercise? What was your experience?

Read Philippians 4:4-8 - Why does Paul conclude by telling them how to think?

Do you find it difficult to control what you think about?

Are you comfortable sitting with your own thoughts in silence?

Where does your mind go when you let it wander?

Are there patterns to your thoughts?

Are there recurring fantasies, grievances, resentments, thoughts, or worries?

What might all these things reveal about your thought life?

Can you quickly and easily call to mind things which are true, noble, right, pure, lovely, admirable, excellent and praiseworthy?

If not, what might that indicate?

How can you strengthen your ability to do this?

Read 2Corinthians 10:5 - What does it mean to capture every thought and make it obedient to Christ?

What is the difference of making thoughts obedient to you verses making them obedient to Christ? Why does this matter?

Read Psalm 19 - How does this Psalm relate to Paul's teaching in Philippians 4?

In vs 14 the Psalm speaks of the "meditations of my heart." In English we use "heart" to mean "emotions" but in Hebrew "heart" also refers to the center of thought. Consider what you spend time meditating on daily - be honest ;)

How many hours of TV/Youtube/Netflix do you watch?

How many hours of talk radio/podcasts do you listen to?

How many hours do you spend on social media?

How many hours do you actively spend in prayer?

How many hours do you spend reading/meditating on scripture?

How many hours do you spend in silence and stillness?

What do you observe about the patterns of your life?

Do you have a well-balanced thought-diet?

Where can you take steps to improve your mental diet?

How will you decrease your consumption of anxiety and increase your consumption of the things of Jesus?

GO DEEPER

use these questions for further study

Last week we focused on choosing to pray when anxious. Were you able to incorporate this into your life or use the prayer exercise? What was your experience?

Read Philippians 4:4-8 - Why does Paul conclude by telling them how to think?

Do you find it difficult to control what you think about?

Are you comfortable sitting with your own thoughts in silence?

Where does your mind go when you let it wander?

Are there patterns to your thoughts?

Are there recurring fantasies, grievances, resentments, thoughts, or worries?

What might all these things reveal about your thought life?

Can you quickly and easily call to mind things which are true, noble, right, pure, lovely, admirable, excellent and praiseworthy?

If not, what might that indicate?

How can you strengthen your ability to do this?

Read 2Corinthians 10:5 - What does it mean to capture every thought and make it obedient to Christ?

What is the difference of making thoughts obedient to you verses making them obedient to Christ? Why does this matter?

Read Psalm 19 - How does this Psalm relate to Paul's teaching in Philippians 4?

In vs 14 the Psalm speaks of the "meditations of my heart." In English we use "heart" to mean "emotions" but in Hebrew "heart" also refers to the center of thought. Consider what you spend time meditating on daily - be honest ;)

How many hours of TV/Youtube/Netflix do you watch?

How many hours of talk radio/podcasts do you listen to?

How many hours do you spend on social media?

How many hours do you actively spend in prayer?

How many hours do you spend reading/meditating on scripture?

How many hours do you spend in silence and stillness?

What do you observe about the patterns of your life?

Do you have a well-balanced thought-diet?

Where can you take steps to improve your mental diet?

How will you decrease your consumption of anxiety and increase your consumption of the things of Jesus?