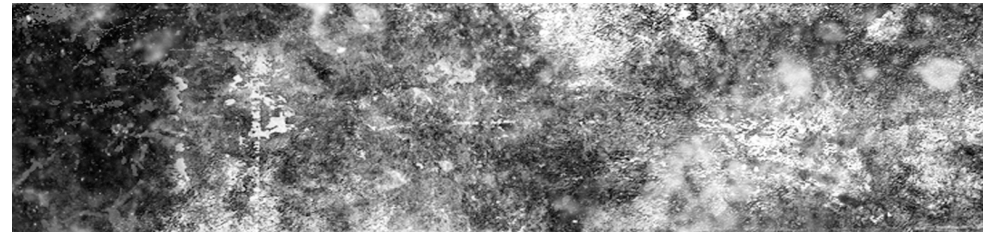


MESSAGE NOTES:



Peace Under Pressure Part 8
What Are You Thinking?

Bevan Unrau
February 28, 2016

***Philippians 4:8** Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

1. Whatever is _____.
2. Whatever is _____.
3. Whatever is _____.
4. Whatever is _____.
5. Whatever is _____.
6. Whatever is _____.

My Next Step today is to...

pick a thought exercise.
pick a time to exercise.
pick a workout partner.

Today's Music

Let the Praises Ring Lincoln Brewster
Your Love Never Fails Anthony Skinner, Chris McClarney
At the Cross (Love Ran Red) Chris Tomlin, Ed Cash, Jonas Myrin, Matt Armstrong,
Matt Redman
God Is Able Ben Fielding, Reuben Morgan
Salvation Is Here Joel Houston

Seabreeze CCLI#105966
Unless otherwise stated, verses are quoted from the
New International Version of the Bible by permission of Zondervan Publishers.

Growth Group Homework – February 28, 2016

Peace Under Pressure

In Philippians 4:4-9, Paul explains how you can't go from where your mind is now straight to peace. With God's help, you have to choose to think about certain things that are in line with the Bible. These things to think about are the building blocks of peace.

Warm-Up

1. What is the best thing that happened to you this past week?

2. If there was a speaker attached to your brain yesterday, how would people have responded?

Talk it Over

3. What part of the message stood out to you and why?

From the list of what we are to think about in Philippians 4:8, what caught your attention?

4. Read Romans 8:3-8. How does a person's mindset, the way they think, affect the way they live and what they experience in this world?

What are some of the outside influences that impact our mindset?

Bevan explained how our emotions are byproducts of our thinking. How have you experienced your thoughts impacting your emotions?

5. Two popular ideas are the "power of positive thinking" and "name it and claim it." Both rely on human power to change. Essentially, if you believe in yourself, you can change. How do these ideas differ from what is presented in Romans 8:3-8?

How could you explain what the Bible teaches to a friend who adheres to these ideas?

6. Bevan explained how it takes training to change our thought patterns. What do you think this training approach looks like?

Bring it Home

7. Read 2 Corinthians 10:3-5. What is a thought from this past week that you need to take captive?

Memorize: Philippians 4:8
Read the book of Philippians
Additional Reading: Proverbs 4