

## WHAT WERE YOU THINKING?

Philippians 4:8-9

CURT DEGRAAFF

February 24, 2019

The questions below are designed to be used by Saylorville Church Cell Groups as they meet during the week following the Sunday morning message at Saylorville. The intent is not for groups to answer every question, but for leaders to use the questions as a guide as they tailor the discussion to the unique needs of their group. The Sunday message and these questions can be found each week at [www.saylorvillechurch.com/sermons](http://www.saylorvillechurch.com/sermons).

### CONNECT WITH YOUR GROUP (10-15 MINUTES)

- Experts estimate that we think as many as 70,000 thoughts each day - that's approximately 50 thoughts per minute! Use the back of this piece of paper to record as many of this past week's thoughts as you can in 60 seconds.
- Pick one or two of the thoughts you wrote down and share them with your group.

### APPLY THE BIBLE (45-60 MINUTES)

- **Remember** what you talked about last time. Is there anything you need to **follow up** on this week?
- **Review** the notes you took on Sunday. What is **one thing** that sticks out to you about what you heard?
- **Read** Philippians 4:8-9. In his message, Pastor Curt reminded us of **two steps to overcome worry**.

#### 1. Overcome worry by thinking right thoughts (Phil 4:8)

- a. The Bible tells us to take every thought captive (2 Corinthians 10:5). What does that practically look like in your life?
- b. Allowing wrong thinking to grow in our minds often leads to worry. We must replace wrong thinking with thoughts that are:
  - a. true = "refers to the character of God"
  - b. honorable = "worthy of respect" or "worthy of awe"
  - c. just = "righteous"
  - d. pure = "that which is morally clean and undefiled"
  - e. lovely = "pleasing, kind, and gracious"
  - f. commendable = "that which is highly regarded"
- c. Give some specific examples of how you are tempted to worry right now, and how this passage provides an alternative.

#### 2. Overcome worry by following the example of others who think right thoughts (Phil 4:9)

- a. Who are some people that serve as "pilot cars" for you in your life? How have they provided examples of right thinking to you?
- b. If people followed your example, where would it lead them?
- c. Tell your group the name of someone that you will encourage to be more like Jesus this week.

### CONCLUSION

- Go back and look at all the thoughts you wrote down at the beginning of this conversation. How many of those thoughts might have been prevented if you had used the Philippians 4:8 "stop sign"?

### PRAY TOGETHER (5-15 MINUTES)

- Consider praying something like this: Lord, instead of living by "what if", cause me to live by "what is". Help me to stop worrying about what might happen, and start resting in what You say is true.

### MEMORIZE FOR NEXT TIME

- *Philippians 4:5b-7 - "Finally, 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."*

