

LG DISCUSSION LIFEGROUPS GUIDE

Use these questions in your Life Group gatherings or for further discussion as a family.

MIND WHAT YOU THINK | SEPTEMBER 21, 2025

SERMON RECAP

Our thought lives shape us. By fixing our minds on what is true, noble, right, pure, lovely, and admirable—and putting these things into practice—we experience the peace of God.

THE LEAD IN

- “You are what you think.” Why does Scripture place such importance on our thought life (Romans 8:5)?

GETTING INTO THE TEXT

- Read Philippians 4:8-9. Consider the list of virtues that Paul gives to think on. Which are easiest for you to focus on? Which are the hardest?
- Verse 9 shifts from *thinking about* to *doing*. Why is this important to not just think about good things but put them into practice?

GOING DEEPER

- Gary urged us to filter what we watch, listen to, and dwell on through the “P-48 filter” (Philippians 4:8). What have you recently been watching, reading, listening to, and reflecting on? Do they align with the virtues in Philippians 4:8?
- How have the things you’ve filled your mind with, the things you’ve just put through the “P-48 filter,” affected your actions? What mental adjustments do you need to make to live a life of obedience to the God of peace?

PRAYER

- Pray that God would guard your hearts and minds in Christ so that your lives align with Him.