

# Philippians

*A Life of Purpose and Joy*

## Think On This...

**Date:** Sunday 9th May

**Speaker:** Jo Ramdas-Harsia

**Key Verses:** Philippians 4:8

### **Talk Summary:**

This verse is all about the battle for our minds. We would be careful not to put rotten food in our mouths, knowing it would make us sick, but are we as careful about what we feed our minds? We have a choice about what we watch, which social media accounts we follow, which websites we visit and what we read. If we focus on things that are negative, corrupt, dishonourable, materialistic, violent or even sexually gratuitous, we are in danger of making our souls 'sick', and pulling our hearts away from God as our source.

Focusing on God and His character and nature (which is all those things on Paul's verse 8 list), helps us to see ourselves and our lives from His perspective, even in the most difficult circumstances. We are assured of His goodness and love, so we can ask Him what he is wanting to teach us and reveal of Himself through the situations we find ourselves in.

Focusing on God wins our battles. For example, focusing on what is 'true' helps us tear down the lies the enemy would want us to believe about ourselves and our purpose. Scripture holds the truth about our purpose and identity in Christ.

Focusing on the 'excellent and praiseworthy' in each other and seeking to draw it out and affirm it, allows us to be a part of God's transformational plans for those around us.

Finally, right thinking leads to right living. Habits and ways of living start with our mind's focus and ways of thinking.

### **Worship**

*Worship is not just singing, it is thanking God for who he is and what he has done and is lived out through a life of trusting obedience. Discussing this together is an act of worship.*

*(Small group worship resources can be found at [bvc.so/sgworship](http://bvc.so/sgworship))*

- What are you thankful for this week?
- Where has God been at work in your life?
- When have you taken risks in faith and obedience this week?

*If you have a time of singing you can skip the above questions but please do ask this question each week:*

- What has God been speaking to you about this week? *(Go around the group quickly don't spend a long time on it)*

## **Discussion Questions (choose some which are most relevant to your group)**

- How careful are we about what we expose our minds to? What decisions do you make for yourself (or for your children) about what to watch or access? What are the benefits of being accountable to someone in this area?
- How do you think that what we are focusing our minds on affects how we approach difficult circumstances? Have you ever experienced a change of perspective in the middle of difficulty? How has your knowledge of who God is helped with this?
- Do you have any 'go to' scriptures that help you to fight your battles? Are there any scriptural truths that you are currently fixing your mind on?
- How can we bless others by focusing on the excellent and praiseworthy in them? How could this help with God's plans for transformation in their lives?

## **Witness**

*We want to be investing in authentic relationships with those who don't know Jesus yet and inviting them to anything where they might meet other Christians and Jesus. Pick one of the below each week:*

- How would you share what you have learned with a non-church friend?
- What church events coming up would your friends appreciate an invite to?