



## The Thinks You Can Think

Philippians 4:4-9

**Big Idea:** A joyful mindset leads to gentle interactions that are fed from focusing our thoughts on the God of peace.

### Outline:

1. A Joyful Mindset
2. Gentle Interactions
3. Focusing our Thoughts on God

## Discussion Questions:

1. What are some situations and circumstances that tend to “steal your joy”?
2. How can we “rejoice in the Lord” through small inconveniences and disappointments?
3. How can we “rejoice in the Lord” even in seasons of intense sorrow, pain, and heartache?
4. What’s the connection between our *thought life* and our *interactions* with others? How have you noticed and experienced this connection in your own life?
5. Why do you think God cares about what we think about?
6. What stands out personally to you from the list of things to think about in verse 8? Is one of the categories in this list especially relevant to you or difficult for you to focus your mind on?
7. Someone may struggle with feeling like their thoughts are out of their control (whether anger, fear, lust, bitterness, worry). How would you help this person apply the truths of this passage?
8. How does God’s *nearness* help motivate us to apply this passage? (vs. 5, 9)