

Simple Christmas | December 1, 2019

## Be Content

1) Every day we're bombarded with information fighting for our brain space (marketers are good at what they do!) Cell phones, social media, and advertisements deliver a ceaseless deluge of content. How is this content attempting to influence your thinking?

2) Do you ever find it difficult to control what you think about? When are you most susceptible to letting down your mental guard? Are there certain circumstances or physical states where it most often happens?

**Open up your Bibles and read Philippians 4:4-9 out loud and together as a group. (Yes, we are adding verse 9 even though we haven't focused on it during this series).**

3) After reading the whole passage, what questions come to your mind? What is clear? Unclear?

4) Is it possible to direct your mind when battling anxious thoughts? Describe an experience when you felt you took control of your thoughts. When is it a struggle to direct your mind?

5) Write down each of the different things Paul encourages us to focus on in his "whatever is \_\_\_\_\_" list.

6) Give examples for each of the things on the list. Include both general examples (something that is "true" is that "God loves me") and examples very specific to you (something that is "admirable" is "the way my mother sacrificed for me to have opportunities as a child.") Would it be helpful to develop a strategy for using these examples at specific times and places where you are anxious?

7) The one person who steadily and unchangingly encapsulates all these characteristics is Jesus Christ. How might directing your thoughts to Jesus also help when you are anxious?

8) Paul also mentions putting into practice the things we have learned and received from him. What are those things? How can we put them into practice? Are there other Christians you respect that it might be helpful for you to emulate?