

## BIG IDEA

**You mostly become what you think about most.**

## WHAT DOES GOD WANT ME TO KNOW?

What do you spend your time thinking about most?

**Read Matthew 6:25-27** and respond to the phrase, “Worry is like a rocking a chair. It’ll give you something to do but it won’t get you anywhere.” Why does God tell us not to worry?

**Read Philippians 4:4.** How is joy different from happiness?

## WHAT IS MY INITIAL REACTION?

Think about the last conflict you had. What was your disposition: pride or humility? Explain.

Who in your life most exemplifies Paul’s command to “rejoice always”? What do you see in them that makes you say that?

Think back on this past month. Did you find yourself complaining or rejoicing more? Why?

## WHAT AM I GOING TO DO?

**Read Philippians 2:14-15.** Name some ways that you can avoid complaining and criticizing this month.

Recall the story of the boy writing on his bed slat. Are there lies that you have been told that you still believe? What are they? Take time as a group to pray truth about who God says we are over each other.

**Read Philippians 4:8.** What kind of person do you want to become? What changes do you need to make to your thoughts in order to move toward that reality? Spend time this week memorizing a section of Scripture that inspires you to reflect on what is true, noble, right, pure, and lovely.

