

In the message Pastor Cal talked about our all church serve day taking place two weeks after Easter. Take a moment and talk to your groups about Mobilize on April 30th. Encourage your Life Group to choose a school that you all can serve at together. Ask them to register this week at CentralAZ.com/Mobilize.

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?

God tells us not to worry for a number of reasons: worry is bad for our emotional and physical health. It also reveals a lack of trust on our part. God asks us to cast our worries and cares on Him. He doesn’t want us bearing it, he wants to bear it on our behalf.

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

Happiness is a reaction to what happens to us ie. Getting a raise at work. Joy is an expression of deep delight that is not dependent on circumstances or what happens to us. As we see in Philippians the Apostle Paul had joy despite being imprisoned and facing death.

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.





LIFE GROUPS

LEADER GUIDE

Reflect on and remember what you have to be thankful for. Write out a list of the ways God has blessed you and your family. Avoid gossip. Notice when you are complaining or about to complain and offer a compliment instead.

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.

Pray truth over your group. You can pray phrases like what follows or what you feel God laying on your heart: "We are children of God, we are Christ's friend, we are chosen, we are citizens of heaven, we are God's workmanship, we are God's family, we have the mind of Christ, we are adopted by God, we are bought with a price, we can boldly approach God, we are saved, we are forgiven, we are redeemed."

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.

