

January 7-8, 2017

Week #2



DISCUSSION GUIDE

Toxic Thoughts

January 7-8, 2017

OPENING QUESTIONS

1. When you consider “vision”, “thoughts”, and “relationships” (the three weeks of this series), which one influences your life the most, why?
2. Describe a way in which your thoughts have affected you positively as well as negatively?
3. What is a topic or statement from Pastor Carter’s message you want to learn more about? Why?

IN THE WORD

1. Read [Philippians 4:4-9](#).
2. In [verses 4-7](#), what is the picture Paul paints of how Jesus’ followers should live day to day?
3. In [verses 8-9](#), spend some time talking about the descriptions of what we should think about (true, pure, lovely, noble, right, etc.). What do these specific words describe? Which one or two really stand out to you?
 - a. “Identify and reject toxic thoughts.”
 - b. “Heed the law of exposure.”
 - c. “Replace toxic thoughts with God’s Word.”
4. Which of these three (a,b,c) is the most difficult? Why? Which one is most important? Why?
5. In [verses 4-9](#), Paul mentions “peace” two different times. What does Paul say about peace? How does it relate to what Paul is talking about in these verses? Why is it important/needed?

MAKING IT PERSONAL

1. What are specific “toxic thoughts” you need to deal with in your life? Be honest and specific.
2. In 2017, what do you need to do to limit your exposure to toxic input? How do you need to unplug?
3. How much of God’s Word is present in your life? What steps do you need to take to invest more in Bible reading, study and memorization?
4. What is one specific step you believe God wants you to take this week? Share with another person in the group and pray together for each other.

CONTINUED LEARNING...

1. In the coming week track how often you have negative or destructive thoughts, worries or concerns. Make a note of them. Track and compare how much time you spend with God’s Word.

Notes



pathwaychurch

FOLLOWING JESUS • IN COMMUNITY • FOR OTHERS