



BUILT DIFFERENT

Focus: Renewing Your Mind (Mental)

Develop Healthy Thinking and Habits

Daniel 10:12; Philippians 4:4-9; Ephesians 4:17-24; Romans 12:2

These questions are provided to lead the group in *applying* the teaching from Sunday. Allow the Holy Spirit to guide you in being a doer of God's Word. Challenge each other and be vulnerable as God works IN and THROUGH you together.

1. Who has God placed on your heart to invite to The Table (1-Year Rally)? Have you had any table meetings yet (Church? Community? Cultures?)? If so, how's it going?
2. A key to *Built Different* is the principle that small steps lead to significant impact. What small step have you taken in Faith, Food, or Fitness?
3. Read Daniel 10:12. What did the angel tell Daniel? What is the relationship between learning and humility? How open are you to gaining more understanding? What does God want you to learn in this season?
4. Read Philippians 4:4-6. The biblical word for "anxious" means "to divide the mind." How is this a good word picture of stress and worry? Can you relate to this? The biblical word for "peace" refers to "tying together into a whole," which is the very opposite of divided stress. What is your current anxiety/peace level? Explain.
5. Paul talks about joy 19 times in Philippians and commands us twice in this passage to rejoice. How can we rejoice when we face difficulties? What circumstances have you been tying your joy to instead of Christ? What has been the effect?
6. How is a gentle spirit (instead of anxious angst) evidence of trusting in God's nearness and sovereignty?
7. Read Philippians 4:6-7. What is the relationship between prayer and anxiety/peace? Where do you most feel anxiety attacking your mind? How can prayer help? Why is praying with thankfulness important? What is something for which you are grateful?
8. Read Philippians 4:8. What kinds of thoughts most occupy your mind throughout the week? What practical change could you make to align your thoughts with Philippians 4:8 thinking? What power do our thoughts have? See Proverbs 4:23 (heart = mind).
9. Read Ephesians 4:17-24 and Romans 12:2. What is the key to living a transformed life? What tangible ways can you actively take to reorient/renew your mind? If it is true that whatever gets my attention gets me, where do you need to be focusing right now?
10. Read Philippians 4:9. What does it look like for you to not just seek the peace of God, but the God of peace?
11. How can this group pray for you and our church this week? Pray for people to invite to your Church Table, Community Table, and Cultural Table.



Recipe of the Week



Movement of the Week