

Jesus Centred

Week 4

BRBC Groups

January 29, 2023

Scripture | Philippians 4:4-9

Ice Breaker |

1. Who is a brilliant person, from any point in history, that you would like to have coffee with?
2. When you process information or problems, are you more of a thinker or a feeler?

Going Deeper |

1. Is there anything that stood out to you from Sunday's message, or do you have any questions?
2. What do you find yourself thinking about the most?
3. What do you think is the relationship between thinking and doing?
4. Read Philippians 4:4-9
5. What makes you anxious?
6. How does Paul say we should approach our worries?
7. How often do you "rejoice in the Lord?" Why do you think Paul wants us to always do it?
8. How would you explain verse 8 to someone newer to Christianity?
9. What is the difference between what Paul instructs in verse 8 and concepts like the power of positive thinking or willing our thoughts into existence? Why is it important to distinguish what Paul is speaking about and these concepts?
10. Think about an average day in your life, what takes most of your focus?
11. How can we shift our focus on to things that are true, noble, right, pure, lovely, admirable, excellent and praise worthy?
12. How can thinking about such things shift our attitude and actions?
13. Where does peace come from?