

Rising Above: Insights From the Book of Philippians

Week 8

“Good Thinking”

Philippians 4:8-9

OPEN WITH PRAYER

GETTING STARTED: Have you ever been in a play? If so, what play? What were some secrets to memorizing your lines?

LEARNING & APPLYING GOD’S WORD

Together, read Philippians 4:8-9 **together**

1. Proverbs 23:7: “As a man thinketh, he is.” Steve also said in his message that what we think about can influence our emotions, self-image, attitudes, behaviors, happiness, our health and will ultimately determine our character and life. Do you agree or disagree?
2. Read the quote from Chuck Swindoll listed at the end of this study guide. Discuss.
3. Can we choose what we think about?
4. Steve said that we can create patterns, or riverbeds in our brain that can be either negative or positive. Do you find this to be true?
5. Is Philippians 4:8 pie-in-the-sky-head-in-the-sand theology? How does it differ from positive thinking or a naïve optimism?

LIVING OUT “REAL LIFE”

1. Do you tend to be “negative” or “positive” in your thinking? What are some of the ways that we are bombarded with information in our lives?
2. Do you intentionally think about what you’re filling your mind with?
3. Have you ever memorized scripture in a systematic way? If you have, what effect has this discipline had on your life? Do you think memorizing scripture could positively influence your life?

SHARING AND PRAYER (Prayer Requests)

Take some time to share prayer requests, where you need to find God’s grace and peace. Be sure to give thanks for each other and pray for one another’s needs. When we pray together, we find the power of God.

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Memory Verse for the week:

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable---if anything is excellent or praiseworthy---think about such things.

-Philippians 4:8

Great Quote—No extra charge!

The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company ... a church ... a home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable.

The only thing we can do is play on the one string we have, and that is our attitude ... I am convinced that life is 10% what happens to me, and 90% how I react to it. And so it is with you ... we are in charge of our Attitudes.

-Chuck Swindoll