



WHFC

# SUMMER

[DISCUSSION QUESTIONS]

## Fighting a Negative Mindset

July 12, 2020

**How do you know when you are holding onto a mindset that is holding you back? Positive thinking is evidence of faith. How does faith fuel positive thinking?**

**Read Philippians 1:12-14.** Paul was in prison at the time he composed Philippians. **What's Paul's attitude toward his circumstances?**

Suffering can serve many purposes, and here we see how God uses Paul's imprisonment to help the church and reach the lost. **When have you seen someone handle suffering with the same approach as Paul? What was the impact on non-Christians? Christians?**

Our attitude towards suffering can make a difference not only in our personal walk with God, but also in the lives of the people around us. **If you reflect on the ways you've handled suffering in the past, would you say your attitude has been like Paul's? Where do you see room for growth?**

We can learn a lot about from Paul's example in these verses. It's tempting to believe the Christian life is supposed to be easy—or that it's supposed to be about us. Paul demonstrates a different approach: Our lives as Christians are for Jesus and his people, not ourselves. **What expectations did you have for the Christian life when you first believed in Jesus? How have those expectations played out? What about your perspective has changed?**

**Read Philippians 4:8-9.** Verse 8 points to setting our minds on good, holy things. **If you consider your thought life, which of the words Paul lists stands out to you the most? Why?**

**Pick one word from his list in verse 8. What could it look like to practice those kinds of thoughts this week?**

Think about your week ahead—your job, your family, your spare time, your chores, your worries. **What could it look like for you to have Paul's perspective on life this week? What would be different? What would be the same?**