



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?**