



### THEME:

Thoughts that lead to Peace > Philippians 4:6-9 > Proverbs 4:23 > Romans 12:2

### CONVERSATION:

1. Have you ever been “fun-scared”?
  - a. How would you define the difference between “fun-scared” and “messed-up-scared”?
  - b. How can the thoughts we dwell on actually change the course (story) of our lives?
  
2. What are some common thoughts that compete for time & attention in our minds but don't lead to peace in our hearts?
  - a. Is it just easier to dwell on ‘destructive’ thoughts > Why would we voluntarily give our thoughts to what doesn't help us?
  - b. Can you see how focusing on what is untrue, dishonorable, unjust, impure, etc. leads us away from peace?
  
3. Check out [Philippians 4:8](#) >  
[Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.](#)
  - a. Are we really in charge of what we think about - or do our thoughts have a ‘mind of their own’?
  - b. Are some of these “higher thoughts” listed above more difficult for us to keep our thoughts fixed to? Explain.
  - c. What are some practical ideas that could really help us focus on these “higher thoughts”?

### RESPOND:

Take one of the practical ideas you just mentioned above as a challenge to put into practice this week.

Check in with each other to see how the challenge is going.

Remember our path to Peace -- Pray about everything (share the load) > Remember the beautiful story God HAS written instead of worrying about what might happen > Reach for “higher thoughts” spending less time on thoughts that take us where we don't want to go.

[Pray for each other](#)