



SERIES OVERVIEW

Life is filled with ups and downs, unforeseen and often unexpected changes. What if you could see life through a different filter? Let's REFRAME our mindset and discover how God has a purpose in whatever comes our way.

BIG IDEA

As Paul, writing from prison, begins his letter to the Philippians, he frames his entire life in confidence that no matter what he faces, God has purpose within it. Paul reveals a mindset that we, as believers, want to take hold of.

ICEBREAKER/CHECK-IN QUESTION

- If you could reframe one everyday activity or chore to make it more enjoyable, what would it be and how would you do it?
- Share one thing that has recently made you feel grateful.

DISCUSS

- Share one or two thoughts that stuck out to you from this week's message.
- How can practicing gratitude positively affect various areas of our lives?
- How can reframing our perspective in challenging situations help us find peace and focus on God's truth?
- Reflect on times when you felt that your perspective was reframed and how it impacted your faith journey. How can this be applied to our lives moving forward?

READ

- **1 THESSALONIANS 5:18**
- **PHILIPPIANS 1:9-11**

DISCUSS

- In 1 Thessalonians 5:18, we're encouraged to be thankful in all circumstances. How can practicing gratitude, even in challenging or difficult situations, shape our perspective and bring about positive change in our lives? Share an example of a time when choosing gratitude helped you navigate a difficult circumstance.
- How important is growing in knowledge of God and His Word to maintaining a strong foundation in our faith? How does knowledge reframe our emotions and decision-making?

PRAY

Dear God, thank you for the opportunity to reframe our perspective through Your Word. Help us choose gratitude, stay on mission, and grow in knowledge as we seek to live out our faith. Amen.