



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

Much of the Christian life is learning to wait well and, more than anything, the process of waiting well for complete salvation and restoration through Jesus. Paul shows us worrying is a waste of time and the way we think determines how well we wait.

ICEBREAKER/CHECK-IN QUESTION

- If you had to choose one song that always brings you peace and calm, what would it be? Share with the group and explain why.

DISCUSS

- Share one or two thoughts that stuck out to you from this week's message.
- In what areas of your life do you tend to experience the most worry and anxiety? How does it affect you?
- How do you distinguish between healthy concern and unhealthy anxiety? Can you think of any situations where you've crossed that line?
- Share a time when you were consumed with worry or anxiety, but God provided peace beyond understanding. How did that experience change your perspective?

READ

- **PHILIPPIANS 4:6-8**

DISCUSS

- How does Philippians 4:6-7 encourage you to approach your worries and anxieties differently? How can you practically apply this scripture in your life?
- Philippians 4:8 calls us to think on what is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy. How can you consciously align your thoughts with these qualities to cultivate peace?
- How can reframing our thinking and replacing negative thoughts with God's truth help us overcome worry and anxiety? Share any practical strategies you use or would like to implement.

PRAY

God, help us to reframe our thinking and surrender our worries and anxieties to You. Fill our hearts and minds with Your peace as we trust in Your promises. Amen.