



Small Group Discussion Guide

August 5, 2018

Sermon Title:

"A Penny for Your Thoughts"

Sermon Text: *Philippians 4:4-8*

Scripture Reading: *Psalms 107:1-9*

Leader: *Please allow a moment for introductions/visiting. Have someone offer a brief prayer inviting God to speak and lead using the group's discussion.*

Getting Started: Have you ever used the term "A penny for your thoughts"? What was the context? Who were you with? What prompted the question... a lag in the conversation? Perhaps wondering what a spouse was thinking?

Discussion:

1. If you have access to a King James Version of the Bible, look up Proverbs 23:7. (The New International Version does not read anything like it.) If you can reference this verse, what does it say to you?
2. Much of the sermon text today is written in the imperative case of language. There are several commands within this passage. How many do you find? Do you have a favorite? Which of them speak the most directly to you?
3. In your personal life, what have you experienced regarding the "peace that passes understanding?" (Vs. 7) How has Christ Jesus guarded your heart and mind?
4. The major focus of the sermon was how we should direct our thoughts to these great Christian virtues mentioned in Vs. 8. Do you ever have trouble focusing your thoughts? Do you find a significant difference when you are more focused on these things?
5. Sports psychology has determined a significant benefit in the "Power of Visualization." (i.e... seeing yourself making the putt, kicking the field goal, finishing the race.) Can you see a place in our Christian thought world having a connection? (The Bible calls it meditation.)
6. The Pastor mentioned three areas where we might benefit from thinking on these things:
 - *A greater intimacy with God. (Reference: Ps. 23:2) See God "leading" you....
 - *A renewed mind as Christ's thoughts become our thoughts.
 - *A definite change in behavior or attitude. (What you put in your mind...comes out.)

Closing: *Close by sharing prayer requests. Pray for each another and for the needs that were shared. Have a blessed week. GO SHARE JESUS!*