

Bible Summary

Happiness
Mind Part Two

Believers have new hearts and a new Spirit but our minds need to be renewed. The Bible has multiple texts that talk about this renewal - Colossians 3, Ephesians 4, Romans 12 but one of the best is Philippians 4:1-9. This text walks us through how to retrain our brains.

Scriptures – Romans 8:23, 12:2; Colossians 3:5-17; Ephesians 4:17-5; Philippians 4:1-9; Matthew 6:25-33; Proverbs 24:15; Numbers 13:33

Bible Questions & Application

(These are meant to aid in facilitating conversation.
There is no obligation to run through **every** listed question.)

1. What are 3 things that make you smile?
2. The wisdom we glean from scripture allows us to choose happiness. How does this happen?
3. How do we retrain our mind?
4. Is it possible to be joyful always? Why or why not?
5. Name 3 people you honor and why. Are they encompassing the life that is honored by God?
6. When Paul was in prison, he focused on the good, not the bad. How was Paul able to rejoice even while enduring prison?
7. What is one small change you can make in your morning routine to start your day on a happier note?
8. What are some worries that are robbing you of joy today? Share with the group and pray over each other.

“Getting to Know You” Questions

1. Since we last met, what are a couple things you're particularly thankful for? (Philippians 4:8)
2. What is a challenge you are facing right now?
3. What is one thing you are looking forward to?
4. How can we pray for you this week?