



January 1, 2023

A Happy Mind

Philippians 4:1-9

Summary – It can be argued that we are the most anxious and stressed generation in history. Philippians 4:1-9 is the divine cure for our problems. We must remember the good, choose to rejoice in hardship, pray with thanksgiving and train our brains to THJPLCEP.

Scripture – Philippians 4:1-9, 13; Nehemiah 8:10; Proverbs 24:15; Numbers 13:33

Community Group Questions:

(There is no obligation to discuss every question)

Does it surprise you that the average American teenager experiences the same level of anxiety as a mental health patient from the 1950's?

Remember the Good (Philippians 4:1-3)

- 1. Jesus was often misunderstood and He didn't seem to care. Is being understood overrated?**

Rejoice (Philippians 4:4-5)

- 1. "You're as happy as you want to be." Discuss**
- 2. Why is it easier to act yourself into happiness than to think yourself into happiness?**

Be Anxious for Nothing (Philippians 4:6-7)

- 1. How does thanksgiving push back on anxiety?**
- 2. "Sometimes Christianity seems to lose its power because we don't do what the manual tells us to do." Discuss**

Think on These Things (Philippians 4:8-9)

- 1. "It takes no faith to believe the lies of Satan." Discuss**
- 2. "Who we honor is who we become like." Discuss**
- 3. "If your appetite always adjusts to the menu, change the menu." How can changing your thoughts purify your mind?**