



SERMON DISCUSSION GUIDE

Sunday, January 22, 2023

Philippians 4:6-9

Train Station: Train Tracks

GOING DEEPER

Read 2 Corinthians 10:5 and Romans 12:1-2. Review the series so far, what have you learned about the parallels of train stations and our brain?

- Do you like the analogy? Is it helpful?
- Which message challenged you the most?

What are the dominant things that have your attention most of the time?

What are the things that distract you the most when you are trying to stay focused? (Media? People? Anxieties? Fears? Work? Children? Your own wandering thoughts?)

Read Philippians 4:6-9

Talk about the eight-part filter system, which ones of these do you need to focus on this week?

How can thinking on these things help your brain get "rewired"?

APPLICATION

Where do you need the peace of God this week?

Challenge: Read this passage every morning for a week, choose one of the eight parts to focus on and think about.

- Maybe text someone in your group everyday with a follow up on how thinking on these things is helping.
- Consider throughout the week how God is renewing your thoughts and creating new train tracks through this activity.