

MESSAGE NOTES

“Thinking Clearly”

Pastor Matt Mylin — September 19, 2021

1 Samuel 18:5-9; Philippians 4:8-9

1. Determine what thoughts to eliminate and what to dwell on.

Is it true?

Eliminate thoughts that are untrue. Dwell on what is known to be true.

Is it noble?

Eliminate thoughts of anger. Dwell on honoring God and others.

Is it right?

Eliminate thoughts of doubts. Dwell on what is confirmed by God’s word.

Is it pure?

Eliminate jealous thoughts. Dwell on what is wholesome.

Is it lovely?

Eliminate anxious thoughts. Dwell on God’s peace as a guard.

Is it admirable, excellent, or praiseworthy?

Eliminate thoughts of criticism. Dwell on what you can celebrate.

2. Practice in the area where you are most vulnerable.

2 Corinthians 10:5

3. Know the God of peace will be with you.

All scriptures are from the New International Version.

COMMUNITY GROUP MEETING OUTLINE

Where your faith intersects with real life!

Connect:

Each person shares a recent high and low from their life.

Explore:

What is God saying to you through this message?

Big Idea: Learn to think clearly by directing your thoughts.

Choose one or two questions for your group to discuss as time allows.

- ▶ Read Philippians 4:8-9. Choose one of the focus words - True, Pure, Lovely, Admirable, Excellent or Praiseworthy - and talk about somewhere you see it.
- ▶ What makes the filter of scripture important for controlling our thoughts?
- ▶ How is not controlling our thoughts like being in a prison?
- ▶ What are some healthy and unhealthy ways to deal with insecurity?
- ▶ Read Ephesians 2:10. How could it change our thoughts if we truly believed this verse?

Activate:

Spend a moment in silence to consider your response, then share your decision with the group.

Read 2 Corinthians 10:3-5. See Pastor Matt’s list of replacement thoughts in the notes – ask God where you are most vulnerable and how you can practice taking your thoughts captive and shifting your focus. (Ideas: change your screen saver or your computer/phone, put up sticky notes, journal your thoughts, do a Biblical word study, or ask someone to help you by mirroring your words back to you).

Pray:

Thank God for the highs shared and lift up the lows.

Read Philippians 4:9. Ask the God of peace to help you practice guarding your thoughts this week.

Fill in the blank key: eliminate, dwell; untrue; anger; doubts; jealous; anxious; criticism; practice, vulnerable; peace