



GET OUT OF
YOUR HEAD
A STUDY IN PHILIPPIANS

WEEK SIX:

DISCUSSION

questions



PALM VALLEY
CHURCH

DISCUSSION GROUP GUIDELINES

1. Invite every voice.

Keeping our sharing and comments to a few minutes will allow everyone a chance to share.

2. Stay Focused.

Try to keep focused on the content in each discussion question.

3. Allow the Bible to be the authority.

Regardless of individual opinion or experience, God's Word should guide the discussion.

4. Honesty and openness is encouraged.

Be as honest and open within your comfort level.

5. Be Respectful.

Even if you disagree with conversations, respond with love and respect for everyone.

6. Confidentiality is important.

What is said in the group, stays in the group.

7. Share burdens and celebrate victories.

We all experience good and bad seasons. Life is better shared with others who care. Romans 12:15, *“Rejoice with those who rejoice, weep with those who weep.”*

Q:

**Which one of the three
lies mentioned this week
do you most find yourself
believing and what truths
have you learned that
can combat them?**

(I am helpless. I am unlovable. I am worthless.)

Q:

Re-read Philippians 4:8.

**What true things can
you focus on? How will
that change the
workings of your mind?**

Q:

Have you found yourself making better choices with your thoughts in these past weeks? How has it been?



**What's been difficult about
this Bible Study? What's been
the most rewarding?**

Q:

**What is a next step
for you in your walk
with Christ?**

Q:

**End in prayer
for one another**



Thank you

FOR JOINING US,
HERE ARE MORE
WAYS TO CONNECT!

