



## **Pt. 2 - Discussion Questions:**

1. What did you want to be when you grew up? Did it change as you got older?
2. What are the top 3 biggest voices or influences in your life?
3. What is one thing you love the most that could be considered unhealthy? Has someone told you that “thing” is unhealthy?
4. If you were to pull up your screen time for texting, emails, and social media, what would it say for a week?
5. Read Philippians 4:7-9.
  - a. In verse 7, what type of peace will guard your heart and mind? How is this helpful in the midst of our circumstances?
  - b. In verse 8, why is it important to evaluate what we think about using each of the types of filters Paul shares? How does choosing part of the list impact our thought life?
  - c. In verse 9, who are we to mimic or follow? Why is it important to live out the truths of God’s Word?

## **Next Steps:**

1. Set a reminder on your smartphone to go off everyday at a specific time. Hitch a healthy, basic habit with the following one:
  - a. Read Philippians 4:8-9. Think about these passages and ask God to show you ways to live out the truths in these passages.
2. Need a new challenge next week? Pick one of the following to add a new healthy habit.
  - a. Write down a verse from chapter 4 of Philippians on an index card and place it on your fridge, in your car, or on a mirror so you can think on these things.
  - b. Put away your phones during dinner and spend that time asking questions about what made each person laugh, sad, happy, or angry during the day.
  - c. Find a place at Beachside or in the community to serve together.
  - d. Every time you hear a first responder siren or see someone who is hurting pause and pray for them.