



Northland Christian Church Group Discussion Guide For the Week of September 19, 2021

Use the questions below as a springboard for discussion. You do not have to answer every question. These are intended to help spark discussion. Refer to as needed. Ultimately we want God's answers, not man's opinions. Always land where God lands. (ex: Where do we see that in the Bible?) Give grace. Give time for growth. Don't force it.

Connect

- Do you use filters on your photos on social media? If so, which one is your favorite? If not, why not?
- What's been the highlight for you this past month? A challenge?

The Context

What's Going On In Your Head? - Reframe

Our thoughts matter. We need to think about what we think about. We need to: "...take every thought captive to obey Christ." (2 Corinthians 10:5 CSB) We need to **Reframe Our mind, and Reclaim God's Purpose for Us.**

When we talk about reframing our mind and reclaiming His Purpose, this process is one of the best ways to see a very clear picture of God in your past, present, and future. This is something psychologists call "Cognitive Reframing." When we can look, we learn to identify and correct the way we think, how we interpret life, and how we move forward in a very clear and objective way. Reframing is when we decide we are not going to hang on to the old perceptions that have worked against us. We are going to choose a different, more Godly, more productive way of thinking.

We need to remember that: **You cannot control what happens to you, but you can control how you frame it.** We're not talking about ignoring things, or lying about situations, or pretending like things haven't happened. No, we're looking for what God may have been done, or may be doing in your life and in the lives of those you love. So we: **Reframe Our Past, and Reclaim His Purpose** for us. God doesn't always orchestrate the pain and struggle, but he does use it. It's encouraging and faith-building to know that no matter what: **God can use your past for His purpose.** Let's look at a biblical example of how this can play out.

Engage the Bible - Read and Review Surprises, Takeaways, and Observations from:

The Apostle Paul writing in Philippians 1:12-14

Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.

Discuss

1. What was Paul going through at the time? Where was he?
2. Does Paul's mindset in this passage surprise you?
3. Now read this passage later on in the same letter and see if it doesn't inform your answer:

"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." - Philippians 4:4-7

4. Keeping in mind the idea of reframing, how would you say Paul has reframed his situation? Is this just a positive spin or attitude, or a different way of seeing circumstances?
5. Would you say you tend to have a more positive mindset or a negative one? How could you start training your mind to look for God in every situation?
6. When you experience unexpected or difficult times, how do you typically respond in the moment? Do you shut down? Complain? Get discouraged? Explode emotionally?
7. Why is it so challenging to reframe events that don't make sense or align with what we think should be happening?
8. What's the difference between putting a positive spin on things versus reframing things by faith? How might Philippians 4:8-9 and Hebrews 12:1-2 help guide us?

Dave shared two steps for helping us **Reframe Your Present, Reclaim His Purpose.**

1. Look back and see God in your past.

2. Look for God's goodness in your present.

9. Share about a time when you saw Jesus bring meaning and purpose to your pain.
10. Why should we trust God enough to reframe what's happening to us? How has He shown Himself faithful to you before?
11. Everyone has a something hard or challenging that they're facing. What's yours? How can you look for God in it?
12. What are some ways you could start reframing your circumstances?
13. Is God calling you to a ministry that helps people in the same way God helped you in the past?

Challenge:

Spend time praying over everyone's "something." Together now as you close your group time - and as you go throughout the week. Ask God not only for comfort but also for eyes to see His goodness, even in the middle of pain. Then check in on each other during the week. If you can, share coffee, a meal, or dessert together. Pray together throughout the week.

End your group time in prayer.