

“I’M FOCUSED ON THE NEGATIVE”

January 15, 2023

MESSAGE RECAP

We are starting off the new year with an honest conversation around spiritual maturity and emotional maturity. It’s our desire to step up and grow not only in our faith but in the ability to practice our faith publicly at home. That means we must be open and honest about where we are starting and what we need to work on. This week we are focusing on our thoughts. Your thoughts will always move in the direction of your focus.

GROUP

1. After listening to the message, what stood out to you? Why?
2. Take some time to get honest with yourself and your group. Dr. Paul David Tripp said, “No one is more influential in your life than you are, because no one talks to you more than you do.”

What thoughts are you saying to you?

3. Refocus Upward Read – Read: Colossians 3:1-2; Romans 12:2
 - a. Where do you need to be honest about your thoughts?
4. Refocus Powerfully – Read: Corinthians 10:4-5; Philippians 4:8
 - a. How are you going to take every thought captive?
5. Refocus Consistently – Read: Daniel 6:10
 - a. When/Where are you going to start being consistent?
6. What is your next step this week
 - a. Reading Scripture, Prayer, Fasting from Electronics, Being honest with a friend, etc...

PRAY