

handout

what am I thinking?

Scripture: Philippians 4:6-13

Read verses 6-7. Sexual issues, love, lust, crushes, hookups and dates. There's a lot to be anxious about. But this passage tells us to pray about these things instead. What specifically will you start praying about, instead of worrying about?

Is there something in your life you'd like the others in the group to pray about?

(Write it here, and share it with your group. If you're shy about details, that's okay. You can use code words or vague language. God knows what the deal is.)

Read verse 8. In today's culture, it might be impossible to shield yourself from all sexual images, but you can fill your mind with positive things that are true, noble, right, etc.

When you are tempted with pornography, sexual gossip, coarse humor, or lustful thoughts, what specifically will you let your mind dwell on? (Get a strategic plan to keep your mind from going down the wrong path. Is there a Scripture to memorize, a creative project to plan, a talent to develop? Write some possibilities here and share them within your group.)

Read verse 12. What is the secret? Trusting God, and enjoying his enduring presence. What areas of discontent do you have in your romantic life? Do you wish you had someone to date? Do you wish you had a different someone to date? Do you wish you had more money, looks, talent, or confidence to attract others?

What is the area in which you need to learn contentment? (Write it down here, and go around your group praying that each person would learn to trust God more.)

Read verse 13. You may be up against some problem that requires great strength. A sexual habit you want to break. A relationship that has gone in a wrong direction. An attitude that needs transformation. This verse gives you a great promise.

What do you need strength for? (Write down a code word here, and do not share it with your group—you can keep this private. But go around the group, giving each person a chance to pray for God's power.)