

# PULPIT CURRICULUM

December 3, 2017

## Better Together, The Joyful Mind, Part One

Philippians 4:1-9



*"...practice these things, and the God of peace will be with you."*

Philippians 3:14

### REVIEW THE SERMON

Go around the room and have several people share an entry from their journal reflecting on a reading from Scripture this week. *(keep it to 5 minutes a person max. Simply read the entry and allow others to respond)*

Read Philippians 4:1-9

Review your sermon notes and summarize the three practices of a joyful mind and the results.

1. The joyful mind \_\_\_\_\_ . Result:
2. The joyful mind \_\_\_\_\_ . Result:
3. The joyful mind \_\_\_\_\_ . Result:

Which truths or points from the text/sermon stuck out most to you?

### ASSESS YOUR LIFE

Which issue do you struggle with the most?

Conflict

Anxiety

"Garbage in"

### APPLY THE TRUTH

Which practice do you need to focus on as your next step in following Jesus?

- Resolving Conflict
- Removing Anxiety
- Reviewing what is Good

What are some specific choices you can make that would impact your mind/thinking that would increase your joy in following Jesus?

### COMMIT THIS WEEK

Ask members of your small group to pray for you and ask you about your progress in taking these next steps.

Continue reading one chapter of Scripture/day and writing what you are learning in a journal. Come next week prepared to share a journal entry.