

Big Idea: Our [thoughts](#) should be reflecting our [beliefs](#).

Paul describes the mental attitude a follower of Christ should have.

First Aspect: [Rejoice](#) in Christ - Philippians 4:4-7

Second Aspect: [Fix your mind](#) on Christ - Philippians 4:8-9

Third Aspect: [Be content](#) in Christ - Philippians 4:11-13

Challenge: What is one thing that you can do this week to help saturate your mind with Christ?

Go deeper on this topic this week with Waypoint's Daily Devotional Podcast:



Talk It Over: “*Fix Your Thoughts*”

Discuss these questions with a family member, friend, or member of your LifeGroup.

To Start Things Off:

If you had \$1 billion to spend on a single thing, but you don't get to use the excess money on anything else, what would you choose to spend it on?

Dig Deeper

Read Philippians 4:4-7

- According to this passage, what does Paul encourage believers to do instead of being anxious?
- How is biblical joy different from simply feeling happy? Why is that distinction important during difficult seasons?

Read Philippians 4:8-9

- Which quality in Paul's list (true, honorable, just, pure, lovely, commendable, excellent, praiseworthy) stands out to you most, and why?
- What kinds of influences most shape our thoughts today, and how can we intentionally keep our minds centered on Christ rather than those influences?

Read Philippians 4:11-13

- Why is contentment often difficult in both seasons of abundance and seasons of hardship?
- How does keeping Christ at the center change our perspective in each?

Personal Reflection

- Which of the three themes from this passage – rejoicing in Christ, fixing your mind on Christ, and being content in Christ – is most challenging for you right now?
- What is one practical step you can take this week to grow in that area?

July Memory Verse: Philippians 4:13