



BEREAN  
SMALL GROUPS

FOR THE GOSPEL  
ROMANS 1:16

## Christ is Life: Thinking Truth

---

Philippians 4:8-9

### Read Philippians 4:8-9 together:

*“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. <sup>9</sup> What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.”*

### Consider these questions regarding your thought life:

- ? Read Romans 1:21. What is the state of our thoughts without Christ?
- ? As a group, compile a list of all the different types of media you consume during a given week. Which of these things influence your thoughts (for better or worse)?
- ? Do your thoughts impact your actions? Explain your answer or give an example.
- ? Are you active or passive in the battle for your mind?
- ? Do you make a practice of observing your own thoughts? What would this practice look like?
- ? What are warning signs that your mind is stuck on the wrong things?
- ? Do you make it a habit to regularly intake beauty in the form of art, nature, music, etc.? What would it look like to include this practice in your life?
- ? Read through the list of things to dwell on in Philippians 4:8 and create a list of opposites that you should *not* be dwelling on. (For example: whatever is true becomes whatever is a lie.) Are there any things in your life that you need to choose not to consume or dwell on according to this list?
- ? Who in your life serves as an example in this area or could help keep you accountable?

### Application:

- ? What will you say “no” to this week so you can say “yes” to Christ?
- ? What true, honorable, just, pure, lovely, commendable, excellent, and praiseworthy things can you consume this week that will turn your thoughts from the things of this world to Christ?
- ? Which of the media you regularly consume could be replaced with extra time reading or listening to God’s Word?