

**January 25 & 26, 2020 | Upgrade – week 4**  
**Group Discussion Questions**

**GROUP PREP**

In preparation for group, read [Philippians 4:4-9](#) and [watch Emmanuel's weekend service's message](#), then answer the following discussion questions.

**INTRODUCTION**

To change your life for the better, you must change the way you think. All change begins in your mind. We think, then feel, then act. Moses made it clear, "Study this Book of instruction continually. Meditate on it day and night." When our thought life is in alignment with God's thoughts, our lives slowly but surely come into alignment with all that He has planned for us. With God's assistance, you can reach your upgrade!

**DISCUSSION QUESTIONS**

1. James Allen said, "You are today where your thoughts have brought you. You will be tomorrow where your thoughts take you." Over the years, what thoughts or ideas have shaped the person you've become and have led you to where you are today?

2. Read [Psalm 1:1-3](#). Those who meditate on the "law of the Lord" prosper. Describe meditation. What do you find yourself meditating on most often?

Take a moment to write down some negative thoughts you've had recently. What has led you to think this way?

Read [Philippians 4:4-9](#). What actions did Paul ask us to take in this passage? How do we create the kind of thought life Paul describes here?

Because taking our thoughts captive is a mental game, write down a positive spin on the negative thoughts you've had recently. If you have trouble, ask the group for help.

3. Is there anything you're allowing to enter your mind that could keep you from reaching your upgrade? If so, what? How could you keep this from happening?

In what ways can you feed your heart and mind with the right kind of stuff (ref. Philippians 4:4-9) so you continue moving toward your upgraded life?

**ACTION STEP**

4. Read [Proverbs 4:23](#). This coming week, what practices will you put in place to upgrade your thought life?

## **OUTREACH: GROUPS IN ACTION**

To determine how your group can serve together in our community, email Breanne Schafer at [bschafer@eclife.org](mailto:bschafer@eclife.org).

### **FILL IN THE BLANKS BELOW FOR THIS UPCOMING WEEK'S ACTION STEPS.**

My action step is \_\_\_\_\_.

This coming week, I will encourage \_\_\_\_\_ to complete their action step.

Their action step is \_\_\_\_\_.

My memory verse is \_\_\_\_\_.

This coming week, I will pray for the group's following prayer requests:

_____	_____
_____	_____
_____	_____
_____	_____