

## SERMON-BASED STUDY: PLUS OR MINUS

*Philippians 1:12-14, ESV – <sup>12</sup>I want you to know, brothers, that what has happened to me has really served to advance the gospel, <sup>13</sup>so that it has become known throughout the whole imperial guard and to all the rest that my imprisonment is for Christ. <sup>14</sup>And most of the brothers, having become confident in the Lord by my imprisonment, are much more bold to speak the word without fear.*

### Notes:

- 1.
- 2.
- 3.
- 4.
- 5.

### QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

### ENGAGE WITH THE MESSAGE

- 1 This week we heard the following quote from Craig Groeschel, "Life moves in the direction of our strongest thoughts." Do you agree or disagree? Explain.
- 2 How is Paul's example a testimony to the idea that we cannot control what happens to us, but we can control our perceptions of what happens?

- 3 Describe a time when cognitive biases have caused you to go in a negative direction. What was the outcome? How could a positive outlook have helped you handle the situation?

## DIGGING DEEPER

A **Philippians 4:10-13, ESV** – <sup>10</sup> I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. <sup>11</sup> Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. <sup>12</sup> I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. <sup>13</sup> I can do all things through him who strengthens me.

- 4 Looking at the passage above, Paul describes how he has found contentment in all circumstances. What is something you have experienced that has taught you contentment?

- 5 Paul's contentment clearly impacted his attitude and relationships. How has moments of contentment impacted your attitude and relationships?

- 6 What would your life look like if you were able to live a life of contentment all the time?

B **Psalms 118:19-24, ESV** – <sup>19</sup> Open to me the gates of righteousness, that I may enter through them and give thanks to the LORD. <sup>20</sup> This is the gate of the LORD; the righteous shall enter through it. <sup>21</sup> I thank you that you have answered me and have become my salvation. <sup>22</sup> The stone that the builders rejected has become the cornerstone. <sup>23</sup> This is the LORD's doing; it is marvelous in our eyes. <sup>24</sup> This is the day that the LORD has made; let us rejoice and be glad in it.

- 7 According to the Psalmist, why should believers give thanks, rejoice and be glad?

- 8 How does understanding our position with Christ help us to have a more thankful attitude in this life?

- 9 Describe a time when you looked at a situation or circumstance through Jesus' perspective. How did your perspective impact those around you?

## TAKING IT HOME

Today's message concluded with a call to "pre-frame" our focus on God's goodness and to let Jesus frame life for us. How do we go about this task? How do spiritual practices/disciplines help with this? Share with your group or accountability partner what God has been showing you. Pray for one another as you seek to keep your focus on the goodness of God. Spend time this week focusing on the goodness of God through spiritual practices.

## PRAISES AND PRAYER REQUEST

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## FOR FURTHER STUDY

Numbers 13  
Philippians 1:6