

# LIFEGROUP DISCUSSION NOTES

## **Philippians 4:8**

Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

- 1. Talk about your thought life. Are you a worrier? Are you tempted to think too much about the things that are going wrong or the things that could go wrong around you?**
- 2. Talk about your news watching/reading habits. Do you like watching/reading the news? Why or why not?**
- 3. Do you think the world is becoming more or less sinful?**

## **Ways to train your brain to be more positive:**

- \* Write down 3 new things that you are grateful for every day for 21 days.
- \* Journal about 1 good thing that happened to you in a day every day for 21 days.
- \* Exercise every day for 21 days.
- \* Meditate every day for 21 days.
- \* Send a thank you card to a different person every day for 21 days.

- 4. Are you easily satisfied or are you tempted to constantly move the goalposts of success? Do you do a good job of celebrating success?**
- 5. Scientists have proven that when you think positively your brain works better. Have you seen that play out in your life? Do you have more energy when you're happy?**
- 6. Are you committing to do one of the five brain training habits for 21 days? If yes, which one?**

If you would like to use the "Let's Talk About It" videos in your devotions, go to: [www.youtube.com/NewLifeGillette](http://www.youtube.com/NewLifeGillette)