

## Home Group Study Questions

Message: **“Guarding Our Minds”**

7th January, 2016



### Getting Started:

1. Can you recall a time when things turned out to be quite different from the way they first appeared?
2. Describe the connection between the way we think; and the things we do, our attitudes and the way we behave?



### Into the Bible:

***Read 1 Kings 19:1-10***

3. Elijah had had a big day on Mt Carmel! (1 Kings 18) God had answered his prayer in a spectacular way. How is he feeling today? (vss. 3, 5)
4. Discuss the correlation between his feelings and his thoughts. Why do you think he is so down today?
5. In a cave, forty days later, how is Elijah doing? (vs. 10)

***Read 1 Kings 19:11-18***

6. What does God do to help Elijah out of his pit? (vss. 5b, 7, 11-12, 15-18)
7. How did Elijah's thinking get him into trouble?

***Read Psalm 1:1-3***

8. What characterises the man of God in this psalm? (vs. 2)
9. Discuss the Christian understanding of meditation (cf. eastern meditation, often advocated these days.) What factors make meditation difficult for you? What helps?

***Read Philippians 4:4-8***

10. What place does prayer have in guiding our thoughts and guarding our minds? (vss. 6, 7)
11. What does Paul teach us about directing our thoughts? (vs. 8)



### Digging Deeper:

12. What are some of the traps of modern living that can send our thoughts spiraling into unhealthy territory?
13. Things that are “true, noble, right, pure ...”. What are some things that fit this description we could direct our thoughts towards?
14. What can you do to gain/maintain a healthy thought life?