

## How to Change Your Mind

Philippians 4: 4 – 13

Rev. Joe Feun

Introduction:

4 practices that will help your mind to be transformed daily (via God's empowerment):

1. Rest in God's Peace (vv. 6 – 7)

2. Rewire in God's Perspective (vv. 8 – 9)

3. Rely on God's Promises (vv. 10 – 13)

4. Rejoice in God's Presence (vv. 4 – 5)

Conclusion:

Your attitude determines how circumstances impact your life.

Group Discussion Questions

1. How can you rejoice even in the midst of trials or disappointments?
2. What might be the difference between concern and worry? What is worrying good for?
3. If God already knows everything that we are thinking and experiencing, why is it important to take everything to Him in prayer?
4. Share an example of something you are thankful for. What is something about a trial that you are thankful for?

## 如何改變心意

腓立比書 4: 4 – 13

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引言：

4 種做法可以幫助你每天心意轉換（藉助神的能力）

1. 在神的平安中安息 (vv. 6 – 7)

2. 以上帝的視角重新來看 (vv. 8 – 9)

3. 倚靠上帝的應許 (vv. 10 – 13)

4. 在神的同在中喜樂 (vv. 4 – 5)

結論：你的態度決定了環境如何影響你的生活。

小組討論問題

1. 在試煉或失望中，你如何能喜樂？
2. 關心和擔心有什麼區別？擔心有什麼用？
3. 如果上帝已經知道我們正在思考和經歷的一切，為什麼在禱告中把一切都帶到他面前很重要？
4. 分享一個你感恩的事的例子。你對一次試驗有什麼感激之情？