



## Church of the Ascension

Sermon Discussion Questions  
for Sunday, October 8, 2023 on  
"Stewarding Our Minds"

**READ:** Philippians 4:4-9; Psalm 80:7-19; John 14:15-31

### DISCUSS

- Share something that is a common distraction for you. As you think about this distraction, can you identify any patterns that accompany it (i.e., checking social media because I'm stressed; checking social media make me feel more stressed, etc.)?
- Paul tells us that what's on our mind has an impact on our lives. What's been on your mind this past week? What has been taking up lots of mental bandwidth? What impact has this had on how you feel? And on your interactions with people?
- Re-read Paul's promise in Philippians 4:6-7. Have you ever experienced God's peace that passes understanding in the midst of stressful and worrying things? If so, share about that experience. What was it like? How did it happen?
- Consider Philippians 4:8. As a community, what are some practical and/or creative ways that we can encourage one another to think about things that are true, honorable, just, pure, etc.?

### PRAY

Pray for Church of the Ascension. Pray for your community group, especially for those who are stressed and anxious and worried. Pray also against distraction. Ask the Lord to help us turn from distraction and focus on Jesus.

### DO

Make time this week to reflect on the list in Philippians 4:8. Write out each of the virtuous words (true, honorable, just, pure, etc.) and try to think of something in your life that reflects that virtue. Spend time thinking about these things! Pay attention to the effect this has on your heart, mind, and spirit.