



Pastor Toby Locke
 Week 15
 5/6/18

Thinking Right-Side Up
 In an upside-down World



Developing A Spiritual Training Plan

(Philippians 4:8-9)

Introduction: How do you go from a couch potato to a marathon runner?

Two Practices You NEED in your Training Plan:

- Take OWNERSHIP of your thoughts. (4:8)
 - Take INVENTORY of your current thoughts.
 - Find BETTER thoughts.
 - REHEARSE those new thoughts.
 - REPEAT.
- Decide who you want to BE LIKE. (4:9a)
 - PAY ATTENTION to good role models.
 - Start DOING what they do!

What's the Reward? (4:9b)

- Your Spiritual Trainer will always be WITH you to HELP you.

Conclusion: You are NOT on your own in this.

If you will commit yourself to follow God's training plan, then He will commit Himself to giving you the strength you will need to do it.

FIRST BAPTIST HORSEHEADS LIFE GROUPS



Debrief Plan: 5/6/2018

Icebreakers:

1. If you could change one thing about yourself in an instant of time, what would it be and why?
2. Who is someone you would trust to be a "spiritual trainer" for you?

Sermon Summary: If we ever want to think "right-side up," then we're going to have to come up with a plan to get there. Paul helps us by demanding that we take ownership of our thoughts, decide who we want to be like, and then imitate these role models. As we do those things, we know that God, our Spiritual Trainer, will always be with us!

Discussion Questions: (*Read Philippians 4:8-9 together.*)

1. Do we really need a trainer? Why not just figure it out on our own?
 2. When does planning become counter-productive to our growth?
- * **Take Ownership of Your Thoughts**
3. What are some ways that we allow ourselves to be passively programmed to think a certain way?
 4. Give some examples of thoughts that our culture wants us to be obsessed with. Is there one of them that you have to battle with?
 5. What do a person's daydreams tell us about them?
 6. Is the Bible the only place that we can find "true, honorable, just, pure, lovely, commendable, excellence" thoughts to think about? If not, where else can we find them? What dangers must we beware in the process?
 7. What practices help YOU the most to "rehearse" the right thoughts in your mind?
- * **Decide Who You Want To Be Like**
8. What's the difference between active and passive learning? What are some ways that we can engage in active learning in church?
 9. How can you know that someone is worth imitating/following?
- * **What's the Reward?**
10. What's something God has asked you to do that you are really counting on His help to do (because it seems impossible)?