



THE
STRUGGLE
IS REAL

DISCUSSION GUIDE
Week 4: 10/5 - 10/6

DISCUSSION QUESTIONS

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Watch: <https://youtu.be/iT6mn8P4pP0?t=1638>

1. Several distorted thinking traps were cited (All or nothing thinking, Overgeneralizing, Catastrophizing, Filtering, Mind Reading, and Emotional Reasoning). Which of these are you prone to fall into? Why?

When you recognize you're in one of these thinking traps, how do you respond? What have you found effective to get out of that trap?

2. Scripture meditation was mentioned as being different from Bible study and just reading. Is Scripture meditation a common practice for you? If so, what have you found helpful to the practice? If not, why do you think that is?
3. "Your life is moving in the direction of your strongest thought." Can you think of a specific example of this principle as it has played out in your own life (either negative or positive)?

What would you say are your strongest thoughts right now? How could you let Scripture meditation guide/inform those thoughts better?

4. From the message, was there anything you didn't understand or wasn't clear? Was there anything that surprised you?
5. In light of this message and our discussion, how will you practice meditating on Scripture this week? Do you need to begin? Do you need to try something different in your approach?

What is one practical takeaway from this sermon that you can apply to your life this week?

6. What about this sermon series has impacted you most so far? What truth has been most illuminating or encouraging for you so far?

For direction on how to meditate on Scripture together as a group:
www.thegospelcoalition.org/article/3-steps-for-meditating-on-scripture-in-small-groups/

A HELPFUL GUIDE TO MEDITATING ON SCRIPTURE

Ask the Philippians 4:8 Questions of the Text:

- What is *true* about this, or what truth does it exemplify?
- What is *honorable* about this?
- What is *just* or right about this?
- What is *pure* about this, or how does it exemplify purity?
- What is *lovely* about this?
- What is *commendable* about this?
- What is *excellent* about this (that is, excels others of this kind)?
- What is *praiseworthy* about this?

Have a question about something you heard in the message or that came up in your discussion? Have a related topic you'd like to see addressed in the **Series Followup Panel Discussion, Tuesday, October 15th at 7pm?** Email Caleb Eissler: ceissler@pleasantvalley.org