

Discussion Guide

May 11, 2025

Think About It: Week 2

TITLE

Pastor Jackie Groves

Main Idea

What you focus on determines the direction of your life. If you want healing, peace, and purpose, you have to choose where your thoughts dwell on God's truth, not life's distractions.

Anchor Passage

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things" (Philippians 4:8, NIV)

1. From Hurting to Healing

We must be willing to receive correction and shift from offense to healing in order to grow together.

Read: Philippians 4:1–3; Proverbs 3:11–12

Question: What does it look like to receive correction without pride or offense?
How have you seen conflict impact spiritual focus?

2. Check Your POV

Perspective shapes focus. A change in position like Zaccheus can lead to deeper connection with Jesus.

Read: Jeremiah 29:13; Proverbs 23:26; Luke 19 (Zaccheus' story)

Question: How can you practically shift your focus this week?
What's one area where your viewpoint needs realignment with God's?

3. Choose the Desired Outcome

Living with purpose requires intentionality.

You can't stay focused on a goal you haven't set.

Read: Ephesians 5:15–16; 1 Corinthians 13:11; Galatians 6:9

Question:

What goal are you currently pursuing that requires renewed focus?

What distractions threaten to derail you?

4. *Speak the Word*

Your words shape your focus. Speak life by aligning your words with the truth of Scripture.

Read: Romans 10:17; Proverbs 18:21

Question:

When is it hardest for you to speak God's Word over your situation?

How can you build that habit even on hard days?

SUMMARY

In today's message, Pastor Jackie reminded us that focus isn't automatic it's a choice. Whether dealing with conflict, disappointment, or distraction, we must choose to align our thoughts with God's truth. Healing begins when we stop giving attention to everything else and set our minds on what is pure, lovely, and praiseworthy. Real change happens when we check our perspective, choose the outcome we want, and speak God's Word with authority.

CALL TO ACTION

Number One: Take time this week to reflect on where your attention has been misplaced.

Number Two: Practice daily redirecting your thoughts to the truths found in Philippians 4:8.

Number Three: In situations of anxiety or offense, speak God's Word out loud—your faith needs to hear it.

GROUP LEADER RESOURCE

Game / Icebreaker

"Focus or Forget It"

Go around the group and give each person a 5-second memory challenge.

Example prompts: name 3 books of the Bible, 3 fruits, or 3 Hope City values.

If they get it right, cheer them on.

If they miss it, remind them, "You gotta stay focused!"