



WEEK 11 | THE SKILLFUL MANAGEMENT OF ATTENTION

1. CATCH UP ON LIFE:

This is when we update each other on the things that Jesus has been up to in our lives since we last saw each other. As church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between. (1 Thessalonians 2:8, Romans 12:10 and 15)

Suggested time: 20-30 minutes

- When were you most aware of Jesus' presence this week?
- When were you least aware of Jesus' presence this week?

For LifeGroup training resources check out [MidtownLifeGroups.com](https://www.midtownlifegroups.com)

2. REVIEW THE MISSION:

Just like God the Father sent Jesus on a mission of reconciliation for us, Jesus sends us out as ambassadors of His reconciliation. We are called to make disciples wherever we go because Jesus changes everything. (John 20:21 and 2 Corinthians 5:18-20)

Suggested time: 10-20 minutes

1. People:

- Reactive - Who in your life (family, coworkers, etc.) can we join you in praying for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?
- Proactive - Who are the people we are intentionally living on mission with (neighbors, STC partner organizations, or a specific demographic in Columbia)? What are our upcoming plans to love, serve, and build relationships with this group?

- ### 2. Plan:
- Are there any rhythms already planned, or an extra rhythm we could plan to create a way for these friends to connect with our group?

Pray: *Prayer is the fuel of God's mission. Let's pray for our people by name; pray for their needs, and opportunities to have spiritual conversations that help them take next steps toward Jesus.*

3. SCRIPTURE & SERMON

DISCUSSION:

God uses His Word to reveal Himself to us, equip us to live the good life He's designed for us, show us our sin, and strengthen us as we follow Him. We preach the Word on Sundays and apply it as a LifeGroup throughout the week. (2 Timothy 3:16-17, Colossians 1:9-12 and James 1:22-25)

Suggested Time: 20-40 minutes

For tools and resources to grow in your walk with Jesus, go to [FollowingJesusTogether.com](https://www.followingjesustogether.com)

I. SCRIPTURE DISCUSSION

Primary Passage: **Philippians 4:8-9**

Read **Philippians 4:8-9** out loud. Spend some time silently reflecting and journaling the following questions as a LifeGroup. (These questions can be used with any passage of the Bible to study on your own.)

- What stands out from the passage?
- What does this passage reveal to us about God?
- What does this passage reveal to us about people?

Share with one another what you thought, reflected, and wrote about.

II. SERMON DISCUSSION

What stood out to you from the sermon?

In the sermon we said **what we think and what we do shapes who we become**. With that in mind:

- **Diagnose your actions, habits and thoughts.** Spend a few minutes thinking about a normal day for you by using the prompts below. Once time is up, go around and share your answers.
 - What do you do and what do you tend to think about? What “media” do you tend to consume and how often?
 - How might those things be impacting you? (If people in LifeGroup are stuck on this question, others in the LifeGroup can offer suggestions.)
- **Cultivate your time and your thoughts to be filled with the things of God.** Now spend a few minutes thinking about how you might modify your normal day to begin filling your mind on the things of God. Write it down. Plan for it on your calendar, set reminders on your phone. Once time is up, go around and share your answers. How can we hold one another accountable to see this through? (Again, if people in LifeGroup are stuck on this question, others in the LifeGroup can offer suggestions.)

*Following
Jesus
Together*

How's practicing gratitude gone for you this last week? What's one thing you're grateful for this week?

As we're wrapping up this series, how can you make gratitude an ongoing practice in your life?

4. ENGAGE THE HEART:

Jesus calls us to walk in the light, confessing our sins to God and each other. God's Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16 and 1 John 1:5-10)

Suggested Time: 20-40 minutes

We fight deceitful ideas with truth. We do this regularly through resources like the Digging Deeper Chart, Go-to Verses for Gospel Fluency, and the Truth Train. All of these tools are available at FollowingJesusTogether.com/confession

How are you abiding with Jesus (Bible reading and prayer) this week?

Where have you seen victory over sin in the last week? Where have you been encouraged in your walk with Jesus in the last week?

Pray: *James tells us that a community that regularly confesses sin and prays for each other will see a lot of healing. Confess your sins to God in prayer and pray for each other. **Pray** for the Spirit to work in you as you take steps of repentance.*