NOTES & QUOTES



WEEK THREE | SEPTEMBER 25

DID YOU MISS SUNDAY'S SERVICE?

You can watch all past messages on our YouTube channel www.youtube.com/channel/UC6v8-5D1WdEoEv2ODoUCxJg or you can listen to our podcast at www.thisiscompass.com/podcast.

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CONNECT (BUILD RELATIONSHIPS)

- 1. What is one "mindless" activity you enjoy when you just want to relax and not think too seriously about life?
- 2. What is one thing you've found yourself thinking about a lot this past week?
- 3. What things help to strengthen your mind and what things are detrimental to it?

THRIVE (EXPLORE BIBLICAL TRUTH)

- 4. Read Romans 12:2 and Philippians 4:8 and discuss how these two verses might connect when it comes to our minds.
- 5. Read Isaiah 26:3. What does it tell us about our minds, and what are some ways we can walk out the encouragement of keeping our minds "stayed" on the Lord?
- 6. Read 2 Corinthians 10:3-6. What do these verses tell us about our minds in relation to spiritual battles?

- 7. Read James 1:6-8. What do you think it means to be "double-minded"?
- 8. Read Colossians 3:1-2. What do you think it means to "set our minds on things above" and how do we do it?

COMMIT (BE ON MISSION)

- 9. What spiritual disciplines or practices help you love God with all of your mind?
- 10. What are some of the biggest obstacles that you find pull your mind away from loving God?
- 11. What are some intentional and practical ways you can "set your mind on things above where Christ is seated" this week?

PAUSE, PONDER & PRAY

"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." PHILIPPIANS 4:8 (ESV)