



DISCIPLESHIP GUIDE

DIFFERENT: A DIFFERENT MIND | WEEK 02 | SEPTEMBER 13, 2026

KNOW GOD | FIND FREEDOM | DISCOVER PURPOSE | MAKE A DIFFERENCE

HOW TO USE THIS GUIDE

We are called not simply to hear God's Word, but to allow it to transform the way we live. This guide is designed to help you carry Sunday's message into your week—growing in your relationship with God, engaging in meaningful conversation, and putting what you're learning into practice.

Read the Scripture. Reflect on what God is teaching you. Apply it to your life. Pray with purpose. Go deeper. Use the guide on your own as a personal study or journaling tool, with your family, or in your Connect Group.

Our hope is that as we spend time in God's Word and respond to what He is teaching us, we will know God, discover His purpose for our lives, and make a difference.

WEEKLY SUMMARY A DIFFERENT MIND

Following Jesus is not simply behavior management. Real transformation reaches the way we think. In Philippians 4, Paul writes from prison and tells believers to pray instead of continually carrying their worries, to receive God's peace even before circumstances change, and to deliberately dwell on what is true.

This week, pay attention to what is occupying your mind. Take your worries to God. Be intentional about what you allow to remain. Let God's Word become louder than fear, comparison, culture, and the opinions of others.

What fills your mind will influence the direction of your life.

KEY VERSE

Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable – if there is any moral excellence and if there is anything praiseworthy – dwell on these things

PHILIPPIANS 4:8 (CSB)

GOING DEEPER



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THIS WEEK IN THE WORD

Five passages to read, reflect on, and apply this week.

RENEW

ROMANS 12:2

*Be transformed by the
renewing of your mind.*

PRAY

1 PETER 5: 6-7

*Cast all your cares on
Him because He cares for
you.*

DWELL

COLOSSIANS 3:1-4

*Set your minds on things
above, not on earthly
things.*

BELIEVE

PSALM 139: 13-18

*You are intentionally
and wonderfully
made.*

EXAMINE

MATTHEW 6:19-21

*Where your treasure is,
there your heart
will be also.*

DISCUSSION/JOURNALING

STARTER:

What takes over your mind when you lay awake late at night or are spending too much time scrolling on your phone?

QUESTIONS:

- Paul doesn't simply tell us to stop worrying—he tells us what to do instead. What do you see in this passage about the way a follower of Jesus should respond to anxious thoughts?
- Read Romans 12:2. Paul says transformation happens through the renewing of our minds. Where is your thinking still being shaped more by the world, your circumstances, or your own fears than by what God says is true?
- What thought have you been giving permission to stay—and what is it producing in you?
- Read Psalm 139. Think about the way you speak to yourself or think about yourself. **What have you accepted as true about yourself that doesn't agree with what God says about you? Why is that voice so easy for you to believe?**
- Read Philippians 4:8. Take one thought you've been dwelling on and put it through Paul's filter: Is it true? Honorable? Just? Pure? Lovely? Commendable? If it doesn't pass the test, why are you continuing to give it space in your mind?
- Read Matthew 6:21. If someone looked at where you spend your time, money, and mental energy, what would they conclude has your heart? Does your answer match **what you say matters most to you?**

APPLICATION

Transformation happens as we recognize unhealthy thoughts and replace them with God's truth.

WHAT WILL YOU DWELL ON THIS WEEK?

Identify one thought that has been occupying too much space in your mind. Is it true? Does it agree with God's Word? If not, choose a Scripture that speaks truth into that thought. Write it down and return to God's truth through prayer or Scripture each time it comes back.

PRAY

Take what has been occupying your mind and place it in God's hands.

God, show me the thoughts I have allowed to take up too much space in my mind. Reveal what isn't true, renew my thinking through Your Word, and teach me to dwell on what is true. Guard my heart and mind with Your peace, and help the way I think become more like You. Amen.