



### INTRODUCTION

Take some time to discuss the previous week's readings and/or challenges. Here are some things to discuss:

- ➡ Celebrate a win.
- ➡ Share a struggle.
- ➡ What did God reveal to you during the readings and/or challenges this past week?

**Ice Breaker:** Would you describe yourself as someone who starts strong or finishes strong? Explain.

**WATCH SERVING CHALLENGE VIDEO 2 - ATTITUDE**  
[kingofkings.org/servingchallenge](http://kingofkings.org/servingchallenge)

### DISCUSSION

- 1 Do you believe that collectively Christians are effective or ineffective when it comes to serving like Jesus? Rate on a scale of 1-10 (1 being very ineffective and 10 being very effective) and explain your rating.
- 2 In *Serving Challenge*, Zach argues that in order to be more effective at serving like Jesus, it's not about doing better, trying harder, or gritting it out, but rather many of our serving problems start on the inside. Agree/disagree, and explain.
- 3 Read **Philippians 2:5**: “**In your relationships with one another, have the same mindset as Christ Jesus.**” Based on this verse, what top three words come to mind if you were to describe the mindset of Jesus? And why did you choose those three words?
- 4 In *Serving Challenge*, Zach mentions how scientists believe that our mental health, or lack thereof, stems from our brains. And every day, our brains go through 12,000-60,000 thoughts daily, many of which are negative, comparative, and repetitive. In order to defeat our negative thoughts, we must first recognize them. If comfortable, share a negative repetitive thought that you commonly have. Why do you think you have this thought?
- 5 What practices or habits have you found that help your mental health?
- 6 On the flip side, what practices or habits have you found detrimental to your mental health?





**DISCUSSION (CONT.)**

In **Philippians 4:6-9** Paul gives us a blueprint for how to defeat anxiety or poor mental health. Please read this section and then discuss it.

**Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.**

**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. Whatever you have learned or received or heard from me, or seen in me — put it into practice. And the God of peace will be with you.**

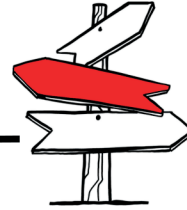
- 7** Anxiety is one example of negative repetitive thoughts that come into our minds. Paul tells us not to be anxious about anything. What are common or everyday things that bring you anxiety?
- 8** Paul then says to think about things that are true, noble, right, pure, lovely, admirable, excellent, or praiseworthy. Spend time discussing each of these eight words and discussing thoughts associated with each word that we could think of to replace our negative thoughts.
- 9** What's one action you can take this week to make your mindset more like Christ's mindset towards you?

**CLOSING THOUGHTS**

The key to a changed life is a changed mind. #SERVINGCHALLENGE   

Read **Romans 12:2**: **Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good, pleasing and perfect will.**





### CHALLENGE FOR THE WEEK

This week put into practice the three-step process that the Apostle Paul lays out in

**Philippians 4:6-9:**

- 1 Remove the Automatic Negative Thoughts (ANTs).
- 2 Replace the ANTs with Godly Positive Thoughts (GPTs). Use the words in **Philippians 4:8** as a guide.
- 3 Repeat this practice when a negative thought triggers you.

### PRAYER

Focus specifically on mental health. Pray for God's peace which passes human understanding. Spend time thanking God that He is slow to anger and abounding in compassion and love for us.

\*For a deeper, daily experience to go alongside the weekly small group experience, purchase *Serving Challenge: A 40-Day Life-Changing Journey to Serve Like Jesus* at [www.servingrchallenge.com](http://www.servingrchallenge.com) and read days 6-12.

