

Summer PLAYLIST



CHANGING THE TUNE THAT'S STUCK IN YOUR HEAD

JUNE 4 - JULY 2, 2023



Week 1: From Overthinking to Peace

Week 2: From Doubt to Faith

Week 3: From Regret to Hope

Week 4: From Judging to Accepting

Week 5: From Dissatisfaction to Gratitude



Week 1: Changing the Tune in our Head from **Overthinking** to **Peace**.

Read

Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians 4:6-7 NLT

1. What does this passage teach you about people?
2. What does this passage teach you about God?
3. What is one action step you can take to apply this passage to your life this week?

Reflect

1. Would you describe yourself as an overthinker? Why or why not?
2. What is something you've been overthinking lately? What are the topics or thoughts that keep replaying in your mind?
3. Why do you tend to overthink these things?
4. Has your overthinking ever turned out to be helpful? Why or why not?
5. How could eliminating overthinking change your life?
6. What would happen if you replaced overthinking with prayer?
7. What is one thing you learned from the sermon that could help you overcome overthinking? How will you apply it to your life this week?

Pray

God,

Today, I will trust You with my plans, fears, and what-ifs.

Calm my constant overthinking and teach me to take deep breaths of faith.

Week 2: Changing the Tune in our Head from **Doubt** to **Faith**.

Read

Now faith is confidence in what we hope for and assurance about what we do not see.

Hebrews 11:1 NIV

1. What does this verse teach you about faith?
 2. What is one way you can apply this verse to your life this week?
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Reflect

1. Think about a time when you doubted your own talents, abilities, or decision-making. What did you do to overcome your doubts about yourself?
 2. What is one thing that causes you to doubt or question your faith?
 3. What is one big question you have about God?
 4. Think about a time when you felt doubt because your circumstances weren't working out the way you thought they would. Why do you think we're tempted to doubt when God doesn't do what we want or expect?
 5. Part of faith is accepting mystery and not always being able to fully understand. What makes mystery so hard to accept?
 6. In general, do you find that doubts tend to move you closer to God or farther from God? How so?
 7. When you have a question or doubt, what resources or people could help you think through it?
 8. What is one thing you learned from the sermon that could help you deal with your doubts? How will you apply it to your life this week?
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Pray

God,

I do believe, but help my unbelief.

Use my doubts and questions to bring me closer to You.

Week 3: Changing the Tune in our Head from **Regret** to **Hope**.

Read

I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

Philippians 3:12-14 NLT

1. What does this passage teach you about people?
2. What does this passage teach you about God?
3. What is one action step you can take to apply this passage to your life this week?

Reflect

1. Do you tend to dwell on regrets or forget and move on quickly?
2. What regrets do you have? What decisions led to those regrets?
3. How would your life change if you were no longer carrying these regrets?
4. How do past regrets affect our present and future?
5. Have you ever had a regret that you were able to overcome? How did you do it?
6. Overcoming regrets often involves accepting forgiveness for a past mistake. Do you find forgiving yourself to be hard or easy? Why?
7. What is one thing you learned from the sermon that could help you let go of past regrets? How will you apply it to your life this week?

Pray

God,

Help me leave behind the regrets that are holding me back.

Let me move forward with lessons learned and forgiveness accepted.

Week 4: Changing the Tune in our Head from **Judging** to **Accepting**.

Read

Do not judge others, and you will not be judged. For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged. And why worry about a speck in your friend's eye when you have a log in your own? How can you think of saying to your friend, 'Let me help you get rid of that speck in your eye,' when you can't see past the log in your own eye? Hypocrite! First, get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend's eye.

Matthew 7:1-5 NLT

1. What are the specks you tend to judge in others?
 2. What might be the log in your own eye?
 3. What is one action step you can take to apply this passage to your life this week?
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Reflect

1. Have you ever experienced being unfairly judged? What was that like for you?
 2. Who is someone in your life that you tend to be judgmental towards? What do you judge about them? Why do you think you do this?
 3. How does being judgmental affect your relationships?
 4. How does being judgmental affect your view of yourself?
 5. Do you ever have standards for others that you struggle to meet yourself? How could you extend more grace to others and to yourself?
 6. Jesus was full of grace *and* truth (Jh. 1:14). How can we balance grace and truth?
 7. What is one thing you learned from the sermon that could help you be less judgmental? How will you apply it to your life this week?
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Pray

God,

As I have been accepted by You, make me accepting of others.

Teach me to embrace instead of disgrace and encourage instead of discourage.

Week 5: Changing the Tune in our Head from **Dissatisfaction** to **Gratitude**.

Read

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

Philippians 4:11-13 NLT

1. Do you think it's possible for this passage to become true in your life? Why or why not?
 2. What is the "secret of being content in any and every situation"?
 3. What is one action step you can take to apply this passage to your life this week?
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Reflect

1. What is one area of your life where you feel dissatisfied? Why?
 2. What do you think it would take for you to feel completely satisfied? What would you need? What would need to change?
 3. What could your life look like if dissatisfaction was replaced by gratitude?
 4. Have you ever gotten something or achieved a goal that you thought would satisfy you but it didn't? Why did you think it would lead to satisfaction? Why did it fail?
 5. Dissatisfaction in one area of life can be contagious to other areas, but gratitude can also be contagious. How often do you show gratitude to God for the good things in your life?
 6. How can you develop a habit of gratitude?
 7. What is one thing you learned from the sermon that could help you change dissatisfaction to gratitude? How will you apply it to your life this week?
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Pray

God,

Keep my focus on the good things that you are doing all around me.

Thank you for all you have done and will do in my life.