



Soundtracks, Week 2

Identifying and replacing negative soundtracks can go a long way in supporting your mental health and changing your life.

Conversation Starter: *Have some fun as you break the ice.*

- What is something you believed was true as a child that you outgrew?
- Would you rather sing in the shower or do karaoke?

Key Scriptures: *Let God's word frame the conversation. Take a minute to read this selected passage together as a Group.*

- *Romans 12:1-2; Philippians 4:6-9*

Discussion Questions: *Pick a few questions below to guide your time.*

Starting Sharing: *Choose a question or two to create openness.*

- What are some of your best characteristics?
- Name some habits you've tried to break but keep falling short.
- Share a truth or promise from God's word that's been meaningful to you.

Start Thinking: *Choose a question or two to think critically about the subject.*

- How can lies be especially destructive the longer we hold onto them?
- Why does lasting change start with our thinking, not just our behaviors?
- What does it mean to offer our bodies as living sacrifices? How do our thoughts play into that act?

Make it Personal: *Choose a question or two to help you identify your best next step.*

- How have you copied the behaviors of this world rather than living out God's truth?
- Is there anything you are consuming that you need to eliminate to starve negative soundtracks?
- What broken soundtrack do you need to recognize, remove and replace this week?

Next Steps: *Everybody has a next step. Check out some ideas below to help you grow by doing.*

- **Recognize:** Look for the lies that hold you hostage.
- **Remove:** Choose what you think about and cut-off sources that feed negativity.
- **Replace:** Find and repeat truth from God's word. If you don't know any verses do a quick google search!

Prayer: *Invite God to do what only He can do!*

Heavenly Father, please help us respond to your radical love and forgiveness by giving our total selves to you, our thoughts included. Please help us define ourselves by your truth. Amen.