

Week 2:

Your Motivational Coach for Life



Questions

1. What illustration, story, or example stood out to you this week?
2. Read Romans 12:2. What area in your life needs you to look at it with the mindset of Jesus? How are you currently trying to build the thinking of Jesus in your life?
3. Read Hebrews 4:12. What passage of Scripture penetrates your soul and spirit more than any other? How does that passage affect your outlook and attitude?
4. Read Philippians 4:11. What is the most difficult part of being content? Where does (or should) God come into that equation for you?
5. Paul is writing from a prison cell in several of our scripture verses from this week. Although most people would lose hope in a prison cell, Paul writes about being content. Can you think of a Jesus follower in your life that has demonstrated peace and contentment even though their circumstances were challenging? How does Paul's outlook encourage contentment in you?
6. What one practical step do you plan to implement from this week's message?

Scripture References

Read Philippians 4:11-13, Romans 12:2, Proverbs 4:23, Hebrews 4:12, Philippians 3:13-14, Philippians 4:4

Takeaways

- When you change your outlook, you change your outcome.
- Living with an overcomer's outlook is a learned behavior.
- An Overcomer's Outlook:
 - Pursuing the mind of Christ
 - Submitting to the Word of God
 - Inviting the Spirit to control
 - Sharing with spiritual coaches and teammates.
- Sustaining your changed thinking requires constant refreshing of these principles, especially in adversity or discouragement.
- With God's help, you absolutely can change your outcomes by changing your outlook.