

REAL WOMEN

Fall 2020 Study: Get Out Of Your Head by Jennie Allen Session 6, Week 12



1. What's your relationship with the Holy Spirit like right now?
2. What are your most common "what ifs" in life?
3. When have you felt most content in life and why?
4. What keeps you from contentment?
5. Which one of the three lies mentioned this week do you most find yourself believing? What truths combat them?
6. When did you last experience the "fight or flight" reaction? What was it like?
7. What are your fears if you do forget or lay down the past?
8. Have you found yourself making better choices with your thoughts in these past weeks? How has it been?
9. How might focusing on whatever is true change the workings of your mind?
10. How might focusing on whatever is right change the workings of your mind?
11. How might focusing on whatever is pure change the workings of your mind?
12. How might focusing on whatever is lovely or worthy of praise change the workings of your mind?
13. How might focusing on whatever is admirable or excellent change the workings of your mind?
14. What are your hopes for yourself at the end of our time together? For each other?
15. Read Phil. 4:11-12. What are you most tempted to live for besides Jesus?