



Sound Tracks, Week 1

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 one song you never get tired of hearing?
- What one piece would you banish from ever being played again?

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

- *Proverbs 23:7 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.*

- How common is it to find your mind wandering or having an intrusive thought?
- Which of the top four broken soundtracks are you most likely to replay: cynicism, negativity, absolute-ism, or victimhood?
- Do you think of thoughts as harmless, consequential, or neutral?

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

- Why do thoughts ultimately manifest themselves in actions?
- Do you believe peace of mind is linked more to our circumstances or outlook? Why?
- How can the filters truth, helpful, and kindness aid you in identifying a better soundtrack?

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

- Where are your current thoughts leading you? Is it in a negative or positive direction?
- What would change in your life if you change your habitual thought patterns?
- How can you begin exercising power over your thoughts to change your soundtrack this week?

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

- **Listen Up:** You can change what you don't know is broken. Pay attention to your thoughts this week and begin to take inventory. Look for one of the top four broken soundtracks.
- **Practice:** Peace comes with practice. Once you catch an intrusive thought- throw it out and replace it with something true, helpful, and kind.

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

Heavenly Father, help us change how we think so we can change how we live. Please guide us into your truth, so we can throw out the lies that hold us as hostages.