

**Refresh**  
**Soundtracks Vol II – Part 1**  
**August 11, 2024**

**Discussion Questions:**

1. Read John 10:10 & 8:44. What soundtracks are you repeating in your head, positive or negative? What circumstances in your life have led you to play those soundtracks?
2. Pastor Sean gave us three initial steps to **recognizing** negative soundtracks: Say them out loud, share them with a trusted friend, and bring it to God. Which one of those steps tends to be the most difficult for you to do?
3. Read Ephesians 4:29. What are ways that you can **retire** these broken soundtracks that you have been repeating and commit to never saying them again?
4. Read Ephesians 4:22-23. What are some ways we can allow the Spirit to renew our thoughts and attitudes and create new soundtracks to **replace** the old ones?
5. Repeating the wrong soundtrack is the problem. Philippians 4:8 lists qualities of thoughts that we should repeat! What new soundtrack do you need to press **repeat** on?