

Recognize

Soundtracks – Part 1

August 13, 2023

Discussion Questions:

1. King David tells us in Proverbs 18:21 that, “the tongue has the power of life and death ...” Is it normally easier to speak life to others instead of yourself? Why?
2. Read what Paul says in Romans 8:5-6. Do the soundtracks on repeat in your head lead you to a life of destruction and defeat or peace and victory? What circumstances in your life have led you to play those soundtracks, positive or negative?
3. Pastor Sean gave us three initial steps to overcoming negative soundtracks: recognize them, say them out loud, share them with a trusted friend. Which one of those steps tends to be the most difficult for you to do?
4. Read 1 Kings 19:3-4. Elijah was alone and wishing that he might die. Have you had moments in your life where you believed the enemy’s lies in your head and thought things will never get better?

Did you have people around you who helped you change the soundtracks in your mind and persevere through the difficult time? If so, what was that like? If not, what truth do you know now that could help someone else in a similar situation?