

Mental Wellbeing Series



Session Four: What We Think

In this session we will:

- look at our thoughts and how they affect us
- explore what the Bible says about thoughts
- discuss negative thought patterns, including fear and anxiety
- consider some practical strategies for managing unhelpful thought patterns

Reflect: As a group reflect on the following quote about the power of thought. Do you agree? What do you think James Allen meant by this?

*“You are today where your thoughts have brought you;
you will be tomorrow where your thoughts take you.” – James Allen*



Watch: Watch this short video where Helen talks about unhelpful thought patterns: <https://bit.ly/3l3pF4H>

Discuss: What stood out most to you from the video?

Can you identify any of your own thought patterns?

What thoughts do you find yourself believing, even though they aren't true?

What strategies could you use to redirect thoughts that are following a well-worn but unhealthy path?

Read: Read Philippians 4:8 out loud. As you listen to this passage, notice what strikes you: a word, a phrase, an image or a feeling.

Discuss: How much of the time do your thoughts fit the categories of Philippians 4:8?

How do you feel about the gap between this description and your actual thoughts?

Is the apostle Paul saying that we can't ever have 'unlovely' thoughts?

Activity: Share some of the things you are grateful for with each other.

How could gratitude help you in challenging situations?

Pray:

Share prayer requests and close by praying for one another.

During the week:

Take a photo of something you are grateful for and share it in your Connect Group WhatsApp chat.

A reminder from the video:

Challenging a negative thought:

-  Is there evidence for this thought? Is it a fact?
-  Are there assumptions that might not (always) be true?
-  Is there a more realistic/balanced way of looking at this?
-  What would I say to a friend who had this thought?
-  What does the Bible say?