



**Col. 3:1** Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. 2 Set your minds on things above, not on earthly things. 3 For you died, and your life is now hidden with Christ in God.

**Philippians 4:1** Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with

thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

**Icebreaker - What simple thing brings you joy right now?**

### Conversation Starters

1. What kind of energy powers your life? Where does it come from? What feeds it and keeps it alive? The scriptures talk about two kinds of energy (powers, mindsets, spirits). One leads to “hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions” and the other to “love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.” If those describe the outcomes of the two types of power, which is your life more like? Kurt challenged us to figure out what is fueling us right now. What is the “fuel” currently in your “tank”? Where is this “fuel” coming from?
2. **Set your mind on things above.** What does this look like for you? Have you ever done this well in the past?
3. What action step do you need to try right now? **Dwelling** on some truths from the Bible to align with fuel that leads to abundant life? **Fasting** from something that fuels you in a way that leads you away from abundant life? Setting your mind on things above? Why did you choose this one and how will you proceed?

**Read the passage above as a group three times.**

**First Time:** Have someone read Col 3:1-4 and Philippians 4:1-9 out loud. Encourage everyone to just listen.

**Second Time:** Have someone read the same passages again. This time encourage everyone to listen and pay attention to what jumps out or stands out for them.

- Have people share what they noticed and any other thoughts about what stuck out for them.

**Third Time:** Have someone read the same passages again. This time encourage everyone to listen and consider how God might want them to respond. Share with the group.