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Thinking Fast and Slow

8/30/2020

Our emotions are our natural instinctive state of mind.

Change can be both positive and negative.

Fast thinking is instinctive, automatic & often driven by emotions.

Slow thinking is deliberate, thoughtful, logical, it is planned with effort.

"Do not be anxious about anything."

"Don't be anxious for anything BUT in everything"...

*"Let your requests be made known to God".
Philippians 4:6*

In anything, bring your everything.

"And the peace of God, which surpasses all understanding will guard your hearts & your minds in Christ Jesus" Philippians 4:6

"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." Philippians 4:8

For your LifeGroup discussion...

How have you experienced fast thinking moments in your life?

What kinds of regrets did those quick reactions bring?

Which emotions seem to creep up & distract you away from trusting in God?

When does slow thinking seem to take control for you?

What triggers your slow thinking?

Is prayer one of those triggers? Why or why not?

How do you feel about bringing "your everything" to God in prayer? What empowers this or hinders this in your life?

In what ways have/do you experience God's peace in "your anything"?

Read Philippians 4:8. How do these "thoughts" bring God's peace into slow thinking?

Who has been a positive example of slow thinking in your life? What did they do to illustrate this to you?