

Soundtracks Week 1 -Discussion Guide

Connect

Ice Breaker: Have you ever experienced a moment where a simple melody or rhythm transformed your mood or perspective?

Talk About It: Paul believes playing a soundtrack of joy amid this concert of chaos called life is possible. And we know this: Paul is at peace.

Key Passages: Philippians 4:4-9, Acts 27:1-25

1. What does it mean to have a soundtrack of joy in our lives, and how can we cultivate it amidst the chaos of our thoughts and surroundings?
2. What's a song or piece of music that always lifts your spirits, even on the toughest days?
3. How does the promise of God's presence and peace in Philippians 4:9 inspire us to trust in Him more deeply and live with greater assurance?
4. How can we draw strength and courage from our faith, like Paul did, to navigate through the storms of life and emerge with resilience and hope?
5. How can we follow Paul's example of finding hope and peace in the midst of adversity, even when faced with seemingly insurmountable challenges?

Protect

As a group, pray for the wisdom to focus our thoughts on what is true, noble, proper, pure, lovely, and admirable, as outlined in Philippians 4:8.

Grow

Action Steps: This week, lean into God's promise of peace by actively surrendering your anxieties and fears, embracing His presence, and trusting in His unfailing love and care.