



THE LISTS WE KEEP (Josh Bayne)

INTRODUCTION

To make sense of our busy lives, we often resort to making lists. We make grocery lists, house chore lists, lists for work, lists about our futures, and everything in between. While these lists can help us create order in chaos, sometimes they begin to weigh us down. We begin to feel overwhelmed, exhausted, and even anxious. However, God doesn't want us to live like this. He wants to offer us a way out.

CHANGING YOUR MIND

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 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. 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."
- Philippians 4:6-9 NIV

DISCUSSION QUESTIONS

1. Are you a list maker? What kinds of lists do you make?
2. Our responsibilities can overwhelm us and often lead to a loss of peace in our lives. What's stealing your peace?
3. Have you ever thought that peace would come after you got what you were waiting on and then once it happened you still didn't feel at peace? Share your experience. Leader Tip: Offer examples such as, "When I graduate, get a promotion, or get married, then I'll have peace."
4. What do you think of the idea that God's peace is something you don't have to wait on?
5. Have you ever experienced God's peace? How would you describe it?
6. How can changing your perspective contribute to the peace you receive from God? Leader Tip: Refer to *Philippians 4:8*, which says we should think about *whatever is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy*.

MOVING FORWARD

Take some time to make a list to help change your perspective on your current circumstances. This could be a list of things you already have that you are grateful for, a list of things that are going well in your life, a list of God's promises for your life, or even a list of who the Bible says Jesus is. Put this list somewhere you will see it often and reflect on it.