

LIFE GROUP DISCUSSION GUIDE – WEEK 2

Pay Attention

April 26:

Outrage & Anxiety

This guide is designed for LIFE Groups meeting this week, but can also be used for conversation with a spouse or friend, or for personal reflection.



Highs and Lows

1. Which of these is most likely to pull you in emotionally—and why?

- News / current events
- Social media
- Sports (games, commentary, hot takes 🗨️)
- Other people's opinions / conversations
- Worrying about things you can't control

2. In the sermon, we talked about how we are wired with a “negativity bias”—we notice and react to what's wrong more than what's good.

Where do you see that showing up in your life?

3. We also heard the idea: “You are what you consume.”

What kinds of things (media, conversations, habits) do you think are shaping your mindset the most right now? (for good or bad)

4. Read Philippians 4:6–8

Paul writes this to a community dealing with conflict and tension, not a calm, peaceful group of people. What stands out to you in these verses? What do you think Paul is inviting people to *do differently* with their attention in these verses?

5. Experiment - This week, try creating a boundary around news and media. Choose one:

- No news before noon
- No news after dinner
- Check the news only once per day (for a limited time, ten minutes?)
- Take a few days this week with no news at all

Notice what happens to your anxiety, your peace, and your attention.

Closing Prayer

Gracious God, in a world that pulls our attention in so many directions, you know the worries we carry and the noise that fills our lives. Draw us back to you, steady our hearts, and guard our minds with your peace. Guide us toward what is true, good, and life-giving, and help us to live