



# Soundtracks

## Week 1: Remove Broken Soundtracks

### CCV Groups Discussion Guide

#### OPENING QUESTION:

What's the first album you ever bought or the first concert you ever went to?

#### GROUPS [VIDEO GUIDE](#)

#### READ:

- [2 Corinthians 10:1-6](#)

#### DISCUSS:

- Is there a song that whenever you hear it on the radio, takes you back to a specific time and place in your childhood? Share the song and what it takes you back to.
- Share one of the soundtracks in your mind (positive or negative). What individual is primarily responsible for that soundtrack?
- Which of the top four broken soundtracks are you most likely to loop on repeat: cynicism, negativity, absolutism, or victimhood?
- What is something that a broken soundtrack has hindered you from achieving?
- Brainstorm ideas to help you identify negative soundtracks. Challenge each person to commit to one exercise and report back next week any positive results.

#### PRAYER:

Let's put into practice the positive thinking we have talked about. Let's pray together simply praising God. Have all the women finish this sentence: "God you are...". Have the men finish the sentence, "God what you did was great when you..."

#### SCRIPTURES:

- **Psalm 139:23–24**, “Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me and lead me in the way everlasting!”
- **2 Corinthians 10:5**, “We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.”
- **Romans 12:2**, “Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”
- **Philippians 4:8**, “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.”
- **Isaiah 26:3**, “You keep him in perfect peace whose mind is stayed on you, because he trusts in you.”
- **Philippians 4:8–9**, “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.”
- **Proverbs 4:23**, “Keep your heart with all vigilance, for from it flow the springs of life.”
- **Proverbs 4:23 (NCV)**, “Be careful what you think, because your thoughts run your life.”
- **Ephesians 4:22–24**, “To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.”
- **Colossians 3:2**, “Set your minds on things that are above, not on things that are on earth.”
- **1 Peter 1:13**, “Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.”
- **Proverbs 23:7 (NKJV)**, “For as he thinks in his heart, so is he.”
- **2 Corinthians 4:16**, “So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day.”