



Soundtracks

Week 2: Replace Broken Soundtracks

CCV Groups Discussion Guide

OPENING QUESTION:

What is something you believed was true as a child that you outgrew? [No two people can say the same thing. Example: Santa, Easter Bunny, girls had cooties.]

GROUPS VIDEO GUIDE

READ:

- [Romans 12:1-2](#) & [Philippians 4:7-8](#)

DISCUSS:

- What do these verses say that could help in replacing broken soundtracks with new ones?
- What does it mean to offer our bodies as living sacrifices? How do our thoughts play into that act?
- Can you identify situations (work, home, gym), people, or daily activities (social media, TV, driving, shopping, eating) that tend to trigger your negative thought patterns? What are those? Why do they trigger you?
- Brainstorm ideas to help you replace negative thoughts with positive ones. [This could include accountability partners, identifying triggers for negative thoughts and eliminating them, forgiving those who spoke negative thoughts into you, Bible memorization, self-affirmation, etc.] Challenge each person to commit to one exercise and report back next week any positive results.

PRAYER:

There are five prayers that will ALWAYS receive a “Yes.” One of them is [James 1:5](#). Read that aloud to open a time of praying for wisdom over our thoughts.

SCRIPTURES:

Philippians 4:7–8, “And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. 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.”

Psalms 119:15, “I meditate on your precepts and consider your ways.”

Psalms 143:5, “I meditate on all your works and consider what your hands have done.”

Isaiah 26:3, “You will keep in perfect peace those whose minds are steadfast, because they trust in you.”

John 14:27, “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

Romans 8:5–6, “Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.”

Romans 12:2, “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

2 Corinthians 10:5, “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

Ephesians 2:14, “For he himself is our peace...”

Ephesians 4:20–24, “That, however, is not the way of life you learned when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.”

Colossians 3:2, “Set your minds on things above, not on earthly things.”

Colossians 3:15, “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.”