



GET OUT OF YOUR HEAD

A STUDY IN PHILIPPIANS • 6 SESSIONS

JENNIE ALLEN

Discussion Guide

Get Out of Your Head

Group Schedule and Discussion Guide

***Together:**

This is suggested content for your time together as a group, or content for your group chat/messages. Please note that depending on your group size and dynamic, you will most likely not be able to get to all of the discussion questions. As you get to know your group, choose the ones you think will open up the best discussion.

****On Your Own:**

In order to get the most out of this study and time together, we suggest you do this portion as “homework” between your group meetings.

Note:

If your group is not meeting every week, you will want to adjust your meeting content and homework accordingly.

Additional Notes:

There are several resources for this study. The Hardcover Book and Video Teachings are used in the Suggested Schedule/Format below. Each one could stand alone, however, if you choose to do just the book or just the videos. There is also a Study Guide available. This goes deeper into the book of Philippians and requires a greater time commitment for work outside of the group time.

Introduction Meeting

***Together:**

Icebreaker, *get to know you time*.

Go over Group Guidelines/ Confidentiality.

Discuss Reading Pace and Meeting Schedule for the semester.

Decide if Videos will be watched together as a group during your meetings or individually prior to each meeting.

Have everyone answer these questions about themselves:

- What is your name?
- What drew you to this book study?
- What do you hope to gain from this time together?

Ask for people to share their answers with the group.

****On Your Own:**

Before your next meeting, read Chapters 1-3 in *Get Out Of Your Head* Hard Cover Book.



Meeting 2

• Together:

Watch Teaching Session 1

Discuss the Session 1 Video and Chapters 1-3

1. What was one thing that was convicting to you from the video teaching?
2. What do you find yourself thinking about the most?
3. How will you tune in to the voice of God this week?
4. What are you letting go of today, and what are you ready to receive from God in its place?
5. How can we pray for you this week?

On Your Own:

Before your next meeting
Read **Chapters 4-6**



Meeting 3

• Together:

Watch Session 2

Discuss Session 2 and Chapters 4-6

1. Looking at Romans 8:5-6, what concerns you about the things you think about?
2. What is keeping Jesus from being the thing you live for?
3. What scripture will you use this week to help fight off toxic thoughts?
4. If “what we fixate on is going to turn into who we are and who we become,” how do you want your fixations to change?
5. What’s one way you can actively rely on God this week?
6. What area is God leading you to work on most right now: share, choose, declare or act? What’s one step you can take this week to do so?

On Your Own:

Before your next meeting
Read **Chapters 7-9**



Meeting 4

• Together:

Watch Session 3

Discuss Session 3 and Chapters 7-9

1. In the video, Jennie talks about two weapons, humility and stillness. Which one resonates most for you?
2. What does it say about God that He gives us humility and stillness as weapons?
3. What do you think about the truth that you already have the victory over your thoughts, even if it doesn't feel like it yet?
4. How has God comforted you during a difficult time that ultimately didn't work out as you'd planned?
5. What's one tangible way you will remind yourself often of the new choices you made this week?

On Your Own:

Before your next meeting
Read **Chapters 10-12**



Meeting 5

• Together:

Watch Session 4

Discuss Chapters 10-12

1. What are the greatest barriers to thinking the truth instead of the lies?
2. Read Philippians 2 again. What new things jump out at you after this 2nd reading?
3. Read Isaiah 58:10, 11. How have you experienced the shift of moving from inward-focused to outward-focus?
4. What are you grateful for?
5. Do you have a Bible verse to cling to when the “what ifs” start to creep in?
6. What do you believe God for today?
7. How has your thought life changed since the study started? What tips do you have for those still struggling with toxic thoughts?

On Your Own:

Before your next meeting
Read **Chapters 13-14**



Meeting 6

• Together:

Watch Session 5

Discuss Chapters 13-14

1. Use the declaration from the video to speak over your group, taking turns declaring freedom from specific things group members identify with.

“_____ no longer has power of me, _____ no longer has power over our group.”
2. What have you learned from Paul in these weeks?
3. In what ways have you let the past define you?
4. Describe someone who has modeled mature faith to you.
5. When your life is difficult, is it hard for you to thank God? Why do you think this is?
6. What are you kicking against today? What is something that you can do today to start listening to the Holy Spirit?
7. What kind of toxic spiral do you commonly find yourself in? What can you do today to get out of that spiral?

Start Discussing Options for the Semester

On Your Own:

Before your next meeting
Read **Chapters 15-16**



Meeting 7

• Together:

Watch Session 6

Discuss Chapters 15-16

1. What are the common “what ifs” in your life?
2. Which of the three lies (I am helpless, I am unlovable, I am worthless) talked about this week do you find yourself believing? What truths help combat them?
3. How might focusing on whatever is true, right, pure, lovely, worthy of praise, admirable, or excellent (Philippians 4:8) change the workings of your mind?
4. What is ONE thing you’re celebrating and thanking God for today?
5. How have you experienced God’s strength in your weakness?
6. What are going to do differently because of this study?

Discuss and decide on Options for Next Semester
Celebrate Group Semester

*Questions taken from Proverbs 31
blog posts on [Get Out of Your Head](#)