



STUDY GUIDE

June 23, 2024

Message Series:

Under the Influence

Message Title:

Voices From the Past

Teaching Pastor:

Angie Frame

Warm-up/Icebreaker: (10 min.)

What critter or creature do you most dislike and why? Share an experience you've had with running across this critter or creature.

Pray:

Heavenly Father, we praise you because You are all-knowing, all-powerful, loving, and good. Help us to put aside every distraction and everything that is not of You and to make space for You and Your will. Give us eyes to see and ears to hear, and a heart that is open and teachable. We love You for Who You are and thank You in advance for how You will answer this prayer. In Jesus name, Amen.

Get Started: (30 min.)

- Whose voice from your past do you hear in your head and what does that voice say to you?
- Has that voice shaped what you think about God or yourself?

Read 2 Corinthians 10:15.

- What do you think it means to "take every thought captive to make it obedient to Christ?" What might this look like in everyday practical terms?

"You should name what ideas you've inherited about God from your past. Most of us don't take the time to do that work. And then, at some point—I've seen this over and over—who you thought God was doesn't match up with your current reality, and you hit a crisis of belief. This is when too many people give up on God and walk away from him, and that breaks my heart, because there's so much potential in that moment. When you hit that crisis of belief, it's a huge opportunity to identify what you think is true about God and where that idea came from. Once you identify it, you can make an intentional, informed decision to do something with it, namely, to Dismiss, Edit, or Grasp it." - Pastor Angie Frame

- Have you ever experienced a crisis of belief where who you thought God was didn't match up with your current reality? Share briefly.
- Are there any beliefs you have about God that you need to DISMISS (get rid of) or EDIT (change or modify)?

Read Exodus 34:6.

- This verse is how God described His character to Moses. There are many other truths about the character of God noted in scripture. Brainstorm as many as you can think of with your group.
- Of all the characteristics of God noted, which are easiest for you to grasp? Which are more difficult and why?

Reflect and Commit: (15 min.)

“Cling to what is good; hold firmly to the trustworthy message of Jesus. Grasp the ideas about God that are good, trustworthy, and true. You need them. They’re what you build your life and the rest of your faith on.” - Pastor Angie Frame

Read Philippians 4:8.

- Considering the circumstances in your life, what specific beliefs about God that are good, trustworthy and true do you need to GRASP on to and cling to right now?
- What are some practical steps you can take to anchor yourself in these truths?

Gather prayer requests and pray. (5-10 min.)

Pray:

Lord, sometimes the voices in our heads are so confusing we don't even know what to think anymore. But Lord, we want to hear You and Your voice. Help us to discern Your voice from all the others and to recognize the truth about You in Your Word. Help us to take every thought captive into the obedience of Christ and to grasp the things about You that are true and trustworthy. In Jesus' name we pray, Amen.