

# SPIRITUAL GROWTH CHALLENGE



## GOD



Talk and listen to God daily

Group & Personal Prayer Requests for the Week

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## GROW



Apply what you learn from the Bible

## GATHER



Gather with a group of Christ followers

### BIBLE VERSE FOR THE WEEK:

“Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.” Romans 12:2

### SUGGESTED BIBLE READING:

Note: You can download the YouVersion Bible App to access the Bible and Bible reading plans. We recommend starting with the New Living Translation of the Bible.

- Monday – 2 Corinthians 10:3-5 NIV
- Tuesday – Proverbs 23:7 NKJV
- Wednesday – Philippians 4:8-9
- Thursday – Philippians 1:12-14
- Friday – Philippians 4:11-13 & 4:19

### WORSHIP SONGS:

- God Of The Promise by Elevation Worship
- Yes I Will by Vertical Worship
- Resurrecting by Elevation Worship

- 1) Do you use filters on your photos on social media? If so, which one is your favorite? If not, why not?
- 2) Would you say you tend to have a more positive mindset or a negative one?
- 3) Which part of this message was the most impactful for you and why?
- 4) Share about a time when you saw Jesus bring meaning and purpose to your pain.
- 5) Read Philippians 1:12-14. Everyone has a personal struggle they are facing. What is yours? How can you look for God in it? What are some ways you could start reframing your circumstances?
- 6) This week continue to memorize and meditate on the verse and statement to defeat your stronghold. In addition to this, also begin to interpret your circumstances through the goodness of God. Craig shared three steps to do this. First, thank God for what did not happen. Second, pre-frame a situation by going with a positive filter versus a negative filter. Finally, look for God's goodness. One of the best ways to apply these steps is to journal daily. Each day as you spend time with God, write a paragraph or two following these three steps around the circumstance(s) that you are facing. Continue to write down what happens to see God at work. (Be sure to get a copy of *Winning the War in Your Mind* by Craig Groeschel and read it during this series.)

## GIVE



Give of your time, talents & treasures

If you are not serving, consider serving on our set-up or tear-down team. You can go to our website to get involved or email us at [info@theepicchurch.com](mailto:info@theepicchurch.com).

## GO



Tell others about Jesus with your life & words

Be praying who God would have you to invite to Epic as many people will be ready to re-engage life as school starts in August!

# MESSAGE NOTES

# MESSAGE OUTLINE

- Take captive!
- A filter matters!
- You can't control what happens!
- #1 – Thank God for what didn't happen
- #2 – You can pre-frame a situation
- #3 – You can look for God's goodness

## KEY TAKEAWAY

You can't control what happens to you, but the good news is you can control how you frame it with God's help! (Craig Groeschel)



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