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# MOVIES

**GO FURTHER | AUGUST 21 | THE ADAM PROJECT**

## **START TALKING | ASK A QUESTION TO GET YOUR GROUP THINKING.**

- WHAT'S YOUR FAVORITE MEMORY OF GOING TO SCHOOL AS A CHILD? WHAT DO YOU MISS AS AN ADULT?

## **START THINKING | ASK A QUESTION TO GET YOUR GROUP THINKING.**

- Read Philippians 4:8. What words or phrases stand out to you?
- What is something you think about that is excellent and worthy of praise?
- How do you change your thoughts to those things when you think negatively? Are there spiritual disciplines that help?
- Every one of us develops scripts to make sense of experiences. Some of them become distorted over time.
- How can we change negative scripts in our thoughts? How do they lead to different behaviors that help, and not hurt, ourselves and others?

## **START SHARING | CHOOSE A QUESTION TO CREATE OPENNESS.**

- Jesus modeled living in this present moment.
- Read Matthew 6:31-34. What words or phrases stand out to you?
- What does it look like to live in the present moment with the people you are with? What behaviors must stop? What behaviors need to begin?
- When we live in the present, Jesus reminds us of things that we need to let go, burdens to lay down.
- Read Matthew 11:28-30. What words or phrases stand out to you?
- If you are willing, share the burden Jesus wants us to drop and to leave at the altar, so you can pick up his yoke of mercy and love.

## **START PRAYING | BE BOLD AND PRAY WITH POWER.**

- Lord Jesus, we can't travel and change the past. But we can direct and change our future. Make us aware of distorted scripts in our lives as we fix our thoughts on things that are pure and honorable and true and praiseworthy. May we be so bold to lay down our heavy burdens at your feet so we can live out your mercy and love in all things. In our resurrected Savior's name we pray, Amen.

## **START DOING | COMMIT TO A STEP AND LIVE IT OUT THIS WEEK.**

- For more on Jesus' teaching on the Sermon on the Mount, check out this 7-day reading plan: <https://www.bible.com/reading-plans/32020-sermon-on-the-mount>