



Philippians 4:6-8 NLT

6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

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- What part of Football Sunday was/is your favorite? Discuss what you think about the role Football Sunday plays in church.
 - Trent mentioned having Jesus as his savior from a young age, but not allowing Jesus to be Lord of his life until much later. What is the difference in these two (savior vs lord), and has this disconnect played out in your life?
 - Part of Trent's story involves some unresolved bitterness and he mentions that he wrestles with God about some of those past experiences. Share a life experience that has impacted you such that you continue to wrestle with God over it.
 - The story of losing their young son Trevin is tragic, but Trent chooses to focus on the positive, that his son was saved in a heartwarming and timely moment, and is now in heaven. Trent refers to Philippians 4:6-8 as a verse to meditate on to help with that healthy mindset, of focusing on the true, and things that are worthy of praise. What are some ways we can each do this in our own lives?
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- Enjoy fellowship and connection with those around you. Praise and thank Him for the blessings in your life, and ask Him to help you to experience His peace, and to fix your thoughts on the honorable, the right, and pure.