

(Gather with some friends, family, or your Group and use the following questions, along with the message notes, to connect, learn, and take your next step.)

# DISCUSSION QUESTIONS

**What are the small things in life that contribute to your emotional health?**

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**Using the ABC chart from this weekend's notes, can you think of a time when your beliefs about an event didn't match the reality of that event? What were the consequences of your incorrect belief?**

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**When we pause, evaluate and challenge our beliefs about an event, it helps us identify the story that we are telling ourselves about that event. Which step do you need to work on the most? Pause, evaluate or challenge?**

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**After identifying your false beliefs, what can you do to begin replacing them with truth? (Read Philippians 4:8 before answering)**