



Episode 20 || August 2, 2020

Main Points - Philippians 4:8

What we consume directly influences our emotional health.

Is what you're consuming making you healthy?

Our thoughts shape our reality.

What's true is true no matter the speaker's view or what it means for you.

Everyone is worthy of honor whether they deserve it or not.

Jesus Followers have more in common with Jesus Followers from opposite political parties than they do with non-Jesus Followers in their own political party.

We have a responsibility to be informed... not obsessed.

Influence is power. What voices are you allowing to have power over you?

Evaluate: What voices are you consistently consuming? Are they healthy for you? What is your voice saying?

Filter your world through truth and love. 3 Step Plan: Pray, Consume, Question

Your influence on others flows out of what you allow to influence you.

Discussion Questions

1. Being honorable of other opinions around you... how are you feeling about what you are seeing and hearing around you in the media? What meal would you describe these voices as?
2. Read James 2:19-27. What stands out to you? How do you think this passage can relate to the message from this week?
3. Tough one- what do you need to do in response to the message this week with your consumption/reactions/thought patterns?

"Show Notes" Resources with Links:

[Let us know you're here!](#)

[Join a Connect Group](#)

[Read Transcript](#) || [Ask a Question](#)

Giveaways:

- Winner: Cassandra S! [Brotherhood Coffee](#)
- Next week: [Ibendoo Ramen](#)

Music we enjoyed this week:

[Elevation: Won't Stop Now](#)

[Ben Harper: Excuse Me Mr.](#)

[Lauren Daigle: Still Rolling Stones](#)

Additional Resources / Books on this topic:

- [The Bible Project, Proverbs Overview](#) (wisdom book)
- [The Bible Project, James Overview](#)
- [The Common Rule: Habits of Purpose for an Age of Distraction](#) (Book)

Bible Readings:

- John 3:16-17, Mark 12:30-31, Galatians 5:22-23, James (all of it)

Donate to Crosscreek & keep a good thing goin'

UPCOMING LIVE EVENT:

August 5th, 2020, 7pm on Facebook. Q & A with Leadership Team.

www.yourcrosscreek.com/questions/