

influenced.

Part 2: The BEST Questions
Episode 71 || August 15, 2021



Message Passage

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. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

Paul, in Philippians 4:8-9 NLT

Main Points

Our influences determine the quality of our lives.

Our influences can either be poisonous, empty, or life-giving.

To break out of our usual cycles we need to break away from our usual influences.

Choosing quality influences can improve the quality of our thinking.

Renewed thinking leads to renewed living.

When we change the quality of our influences, we change the quality of our influence.

Prioritize what's best and limit the rest. *(see the 6 Qs & this week's challenge)*

If we want to have the best life we need to choose the best influences.

"Show Notes" Resources & Links:

Let us know you're here!
[Transcript](#) || [Kids Stuff](#) ||
[Podcast](#)

Music we listened to:
Imagine Dragons- [Wrecked](#)
Josh Garrels- [Home](#) (Full Album)
Lauren Daigle- [Wake](#)

Social Media Giveaways:
This week: [Word of Mouth!](#)
Last week: [The Ike Box](#)

Gatherings in Person:
August 22nd, 4:30pm
Dinner & Baptism
www.yourcrosscreek.com/party

For Salem August: [School Supplies!](#)

Suggested Bible Reading:
Ephesians 4:21-24
Book of Philippians

Other Resources:
[Better Decisions. Fewer Regrets-](#)
[Andy Stanley](#)

We can only do this with your kind
Donations. Thank you!

6 Questions* for Evaluating Influences

1. Is this committed to truth?
2. Does this lift me up or pull me down?
3. Does this help me love more?
4. What is this attempting to produce in me?
5. Does this promote peace or fear, unity or division?
6. Is this done with excellence?

**Based on Philippians 4:8*

Weekly Challenge

- 1. Categorize influences into poisonous, empty, or nourishing.**
- 2. Cut out the poison.**
- 3. Take a break for a week from one or more of the empty influences.**
- 4. Fill the space with what's nourishing.**

Discussion Questions

1. How have you seen God working in your life & world this past week?
2. Re-read the "6 questions for evaluating influences" again from the message. Which 1 or 2 would be most important for you to focus on and why?
3. Read Ephesians 4:21-24. What do you think life would look like if you were able to follow Paul's instructions here?
4. What poisonous, empty, or nourishing influences do you have? What do you want to do about them and how can your group pray for you?