



# SERMON DISCUSSION

## My Choice

### Quotable Moments:

- The question is not if you're going to meditate. The question is what you're going to meditate ON.

**Scripture:** Psalm 1:1-3; John 15:5

### Key Things You Heard:

- Everything of any significance that happens in your life will be the product of what you choose to think and the decisions you make.
- "When you pick the soundtracks you listen to the most, there's no limit to what you can accomplish." Jon Acuff
- Decision #1: To walk in the counsel of the ungodly or not.
- Decision #2: To stand in the path of sinners or not.
- Decision #3: To sit in the seat of the scornful or not.

**Pray:** Jesus, I consecrate my mental life to you, Lord. Help me to honestly evaluate my soundtrack, and to take every thought captive. I recognize I get to choose the soundtrack that plays in my mind. Help me to choose your Word to play as my primary soundtrack. As you renew my mind and heal me, I will be stable and fruitful, abiding in you. In Jesus' name, Amen.

### Moving Forward:

- Read Psalm 1 and John 15:5 every day this week.
- Memorize Psalm chapter 1.
- Re-watch and/or share the sermon with a friend. Go to [rivertown.cc](http://rivertown.cc) or the RCC App.

### Questions for Group Discussion:

**First Minutes:** Would you describe your life this week as stable and fruitful - or withered and scattered? Why?

- Read this statement out loud: "Everything of any significance that happens in your life will be the product of what you choose to think and the decisions you make. Not the product of the people or circumstances in your life." Think of a person who modeled this in their life - for good or for bad. How did their soundtrack affect their life?
- Read Psalm 1:1-3. What is significant about David's instruction of where we are NOT to walk, stand or sit? How does he contrast that with what we are to delight in?
- Paul said, "The question is not if you're going to meditate. The question is what you're going to meditate ON." Thinking back over your last week, what types of things have you meditated on?
- Read John 15:5. Discuss the illustration of the vine and branches. How is that helpful to describe our spiritual life?
- What is a soundtrack you have had that you need to intentionally replace? What will you replace it with from God's Word?
- What soundtrack do you need to intentionally choose in order to have a stable, fruitful and resilient life?