

VOICES

Total Eclipse of the Mind

While feelings are a great indicator of emotions, they are a terrible compass for life.

Discussion Questions

1. In your own words, how would you distinguish between feelings and thoughts?
2. Your heart loves, and your mind tells it what to love. Which do you listen to more often—your heart or your mind? Do you feel there's a correct answer?
3. Read **Ephesians 4:17–24**. What stands out to you?
4. What is a current thought you're having that needs to be replaced? What has happened (or is happening) in your life that makes you say that?
5. Do any of the words from **Philippians 4:8** represent what you need to replace that thought with? How could doing that help you?

True • Noble • Right • Pure • Lovely • Admirable • Excellent • Praiseworthy
