



Parent Guide

This guide is meant to equip you with discussion questions and conversation starters that you can use throughout the week to continue the conversation about what you and your kids learned on Sunday.

Sermon Summary

In case you missed it, or if you just need a refresher, here's a quick summary of what we talked about this week in the sermon:

The sermon emphasizes the importance of looking forward and not dwelling on the past, as time always progresses and we can't change what has happened. Our focus should be on Christ, and by thinking on what is good and true, we align ourselves with God's purposes. As Philippians 1:20-26 highlights, living is about embodying Christ's mission, ensuring our actions reflect His kingdom above all else.

Conversation Starters

These are things you can talk about with your kids to help further the conversation about what they may have learned on Sunday.

How does the idea of “hitting the reset button” challenge the way you usually think about change, growth, and moving forward in your faith?

A reset here isn’t pretending nothing happened; it’s choosing, intentionally, to re-center on Christ. Discuss what you tend to reset to (comfort, control, people’s approval) versus what it would look like to reset to God’s purposes and presence.

What parts of your past are you most tempted to replay or “magnify,” and how is that shaping your emotions, decisions, or spiritual focus right now?

The sermon emphasized that the mind acts like a magnifying glass—what you stare at grows. Identify a past mistake, loss, or regret that has been getting bigger in your mind, then talk through what changes when you deliberately focus on what is “good” and of “good report.”

What does being “forward-looking” look like in a specific area of your life right now (relationships, work, finances, ministry, habits), and what practical next step would prove you’re facing forward?

Forward-looking isn’t vague optimism; it’s present obedience that aims toward the future God is shaping. Share one concrete step—an apology, a boundary, a new routine, a service commitment—that moves you from wishing you could change the past to stewarding today.

How do you guard your heart in a world that constantly feeds you fear, comparison, and distraction, and what inputs most influence what you end up focusing on?

The sermon connected “guard your heart” with controlling what goes in, because it shapes what you think about and magnify. Talk about the voices that most shape your mindset (media, friends, memories, social platforms) and what a healthier filter could be this week.

What does Paul's statement, "For to me, living is Christ" (Philippians 1:20-26), expose about what you've been living for, and how would your priorities change if Christ truly became the center?

Paul measured life by mission—Christ—more than comfort, success, or reputation. Explore what currently defines "a good life" for you, and what might need to shift so your time, goals, and decisions reflect a Christ-centered purpose.