

GROUP DISCUSSION GUIDE

October 26, 2025

SPIN CYCLE
False Needs
Philippians 4:4-9
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NOTES

Looking back at your notes from this week's message, was there anything you heard for the first time, stuck with you, challenged or confused you?

What is the one important thing you will take away from this weekend's message or our community group discussion? Is there any challenge, difficulty or praise that you would like to share with the group for prayer?

Pastor Chris reminded us that if we identify our false needs for what they are, (empty promises that never deliver), and let go of them as personal goals, the peace of Christ will guard our hearts and minds in ways we might have never have imagined.

MY STORY

Describe a time when you really wanted something for a long time—and when you finally got it, the results were disappointing.

WHAT DOES GOD WANT US TO HEAR?

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned[b] and received and heard and seen in me—practice these things, and the God of peace will be with you. (Philippians 4:4-9)

What are the parts of the prayer that Paul encourages his readers to offer up to God when they start feeling anxiety over a potential future loss? What's the significance of each part? How do they build on one another?

Define each of the elements upon which we are to meditate: 1. truthful, 2. honorable, 3. just, 4. pure, 5. lovely, 6. commendable, 7. excellent, 8. worthy of praise.



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What does God want us to hear? What are some of the more factual “takeaways” from this passage for you?

WHAT DOES GOD WANT US TO DO?

Pastor Chris said, *“Here are the five false needs: 1. to be in control of others; 2. the relentless pursuit of perfection, 3. feeling like you always have to have the answer, 4. always being there for others, and 5. the consistent approval of others.”*

Which of these five have the strongest pull on you?

Who would have the humble credibility to say to you: *“Whatever you’ve seen in my life ... put those things into practice”* ?

What’s a compelling felt need in your life that does not fit with one or more of the characteristics in Philippians 4:8-9?

For example: This felt need, this empty promise, is not: truthful, honorable, just, pure, lovely, commendable, excellent, or worthy of praise

What does God want us to do? Flowing out of our reading and interpretation, what action does this passage or the Spirit’s leading, call us to?

WHAT DOES GOD WANT ME TO DO?

Pastor Chris said, *“Friends, I just want you to bring to mind the one or two false needs that you’ve been carrying around. The false needs that feel like real needs, but instead have been holding you captive. If nothing comes to mind, ask God to show you what one false need might be.*

Identify some of the empty promises (false needs) you may have been chasing for a while, felt needs that are unlikely to deliver, and set them aside.

What are some genuine, God-honoring needs that could take the place of these?

Pick one, and actively pursue the fulfillment of that godly desire this week.

What does God want ME to do? What is the personal application and action step God is calling you, personally, toward?