

## Discussion Guide

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# The Overflow Mindset No Ordinary Faith Week 1

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### Main Idea

God did not create His people to merely survive life, but to live from the abundance of His presence, His peace, and His power. In every season, whether marked by pressure, uncertainty, or transition, the Lord is shaping His people through the renewing of their minds and the surrender of their hearts. Through the teaching of the Apostle Paul, we are reminded that joy, peace, and spiritual maturity are not determined by circumstances, but by our connection to Christ. As this new series begins, believers are invited to examine what is forming their thoughts, shaping their habits, and directing their faith. An overflow mindset is not developed in isolated moments but through daily surrender and consistent obedience to God.

### Series Anchor Verse

*Now all glory to God, who is able, through His mighty power at work within us, to accomplish infinitely more than we might ask or think. (Ephesians 3:20 NLT)*

### Anchor Passage

*Philippians 4:4-9 (NIV)*

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### 1. An Overflow Mindset Chooses Joy Over Our Circumstances

Joy is one of the clearest marks of a life that is rooted in Christ. Many people believe joy is something that appears when life becomes easy, when prayers are answered quickly, or when circumstances begin to improve. Scripture teaches something far deeper. Paul wrote about joy while sitting in a prison cell, which reminds us that joy is not the absence of hardship but the presence of Christ in hardship. When believers tie their joy to circumstances, their spiritual stability rises and falls with every season. When joy is rooted in Jesus, it becomes a steady source of strength that remains even in pressure.

Scripture: Philippians 4:4, Galatians 5:22, Ephesians 2:8

**Discussion:** Think about the things that most often affect your joy during the week. Consider how your reactions reveal where your confidence is currently placed and where your heart turns when life becomes difficult. Reflect on what it would look like to intentionally choose joy in Christ before your circumstances begin to change, and how that decision could shape your witness to others.

## **2. An Overflow Mindset Surrenders Our Worries And Receives His Peace**

Peace is not found in having all the answers, controlling every outcome, or managing every detail of life. True peace is received when believers surrender what they cannot control and place it into the hands of God. Paul teaches that anxiety is not overcome through self-effort, but through prayer, petition, and thanksgiving. Many people want peace while still holding tightly to control, but surrender is the pathway through which peace is received. When we release our burdens before God, His peace begins guarding our hearts and our minds with a strength we cannot produce on our own.

Scripture: Philippians 4:6–7, 1 Peter 5:7, Isaiah 26:3

**Discussion:** Consider the worries or burdens that occupy your thoughts most often. Reflect on whether you have truly surrendered those concerns to God or whether you continue to carry them in your own strength. Think about how your life, your family, and your leadership might change if you trusted God's timing more deeply than your own understanding.

## **3. An Overflow Mindset Is Built Through Daily Repetition**

Spiritual maturity is not built through occasional emotional moments, but through daily obedience and repeated surrender. Paul teaches believers to think on what is true, pure, and praiseworthy, then to put those truths into practice. What we repeatedly think eventually shapes what we believe, and what we repeatedly believe eventually shapes how we live. Jesus also taught that discipleship requires daily surrender, not occasional commitment. A life of overflow is formed one day, one decision, and one act of obedience at a time.

Scripture: Philippians 4:8–9, Luke 9:23, 2 Corinthians 4:16

**Discussion:** Reflect on the habits and thought patterns that are currently shaping your spiritual life. Consider what repeated practices are drawing you closer to Christ and what patterns may be quietly pulling you away. Think about one daily discipline you can strengthen this week that would help form your mind, your heart, and your faith more deeply in Christ.

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## Scripture Of Confidence

*"Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus." (Philippians 1:6 NIV)*

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## SUMMARY

God is calling His people beyond ordinary faith into a life of spiritual overflow. This kind of life is not built on emotions, convenience, or ideal circumstances, but on daily surrender, daily trust, and daily obedience. When believers choose joy, release control, and commit themselves to spiritual formation, the fruit of Christ becomes evident in every area of life. The overflow mindset is not something we achieve through effort alone, but something God forms in us as we remain connected to Him.

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## CALL TO ACTION

- Begin each morning this week by surrendering one concern to God through prayer before checking your phone or beginning your day.
  - Write down one truth from Scripture each day and intentionally meditate on it throughout the day.
  - Identify one area where your circumstances have been affecting your joy, and choose to thank God in that area before anything changes.
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## GROUP LEADER RESOURCE

### The Overflow Inventory

Give each group member two minutes of silence with a journal or phone notes app. Ask them to write down what has been filling their mind most often this week: peace, worry, joy, fear, truth, offense, gratitude, or pressure. Afterward, invite volunteers to share what they noticed and discuss how daily thoughts eventually shape spiritual formation. This exercise takes less than ten minutes and creates honest, meaningful conversation.