

## Winning the War in Your Mind

### Trading Worry for God's Peace

## TALK IT OVER

### Key Scriptures

*Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

*And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me— everything you heard from me and saw me doing. Then the God of peace will be with you. Philippians 4:6-9 NLT*

*Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.*

Romans 8:5-6 NLT

#### **Start talking. Find a conversation starter for your group.**

- Did you have any worries as a kid that seem silly now? If so, what were they?
- Pastor Lane defined worry as "the sin of distrusting the power and promises of God." How do you feel about that definition, and does it change how you understand worry?

#### **Start thinking. Ask a question to get your group thinking.**

- Which part of the message was most impactful for you and why?
- How often would you say you experience worry? What do you do when you're feeling worried?
- Did your thinking about prayer change at all while listening to this message? If so, how?

#### **Start sharing. Choose a question to create openness.**

- Share about a time when you decided to trust God instead of worrying. What prompted that decision? What kind of impact did it have on you?
- What's something you're worried about that you're having a hard time trusting God with? Why do you think it's so hard to trust Him with it?

#### **Start praying. Be bold and pray with power.**

*Father, thank You for who You are. Thank You that no matter what struggles we're facing, we can trust You to be with us, support us, and work all things together for our good. Help us set aside our worries and fears and turn to You instead. In Jesus' name, amen.*

#### **Start doing. Commit to a step and live it out this week.**

- This week, set aside time for focused prayer every day. At the end of the week, reflect on how your thought life has been affected.
- Create your worry/prayer box and try it for a month. (watch the message video on the website or YouTube @lcoakdale if you don't remember what this is.)