



Philippians 4:6-7 NLT

6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. **7** 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.

1 Peter 5:7-8 NLT

7 Give all your worries and cares to God, for he cares about you. **8** Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.

We don't **fake** being anxious, worried or depressed. We fake being **okay**.

Comparison is the **thief** of **joy**.

Anxiety and **gratitude** have a hard time **co-existing** with each other.

If you **worry** about the things that we can't **control**, worry actually **controls** us.

We want to try to control the things that we **can't control**.

Once the enemy **controls** your mind, it's easier for him to take control of your **life**.

We need to get **help** for the things that we can't control.



- What makes you anxious?
- What do you worry about the most? (Money, future, relationships, body image, etc...)
- Anxiety a lot of times is a bunch of peace-robbing "what ifs"...What if I don't get the job, what if I can't keep the job, what if I get cancer, what if I'm not enough, what if he cheats on me, what if they think I'm stupid, what if she leaves me, what if this plane falls out of the air, what if I am one of the extraordinarily small percentage of teenagers who have a reaction to this vaccination, what if... What is one "what if" that has stolen peace from your life?
- Think about a time when what you thought about a particular challenge you were facing was bigger than the challenge itself. What happened?
- We live in a technology-driven society, with smartphones, laptops and tablets at our fingertips. How has technology influenced your thought patterns? How have you seen technology fill your mind with anxious thoughts?
- Read Philippians 4:6-7. How does this verse amplify that gratitude and anxiety refuse to share the same heart? Explain your answer.
- Read 1 Peter 5:7-8. What does it mean to stay alert and to watch out for the enemy as a Christian?
- How important is it for Christ followers to recognize the danger that the devil poses in their life?

Zach mentioned that you need to get help for the things that you can't control. Part of getting help comes from surrounding yourself with a community of people (ie Your LifeGroup) that can help you when you are down and out. What are some ways that you can encourage the people in your LifeGroup to be alert and to watch out for the enemy?

Remember, as you encounter people this week, share the Gospel and invite them to Vision.