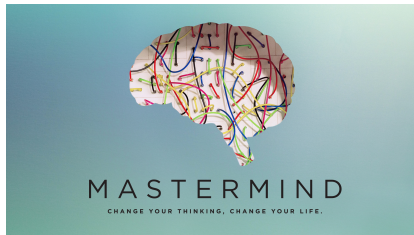


FROM THE BIBLE
Luke 2:14 (NLT)
Philippians 4:6-7 (NLT)
Romans 12:2 (NLT)
Romans 8:5-6 (NLT)

MESSAGE TO CONVERSATION GUIDE

Week 3 | Crush The Nut

1. In this message, Joel started out by talking about some of his favorite old shows (old to him)...like *MacGyver*, *Knight Rider*, *American Gladiators*. What are some of the shows you watched & loved as a kid?
2. In the opening story, Joel talked about a memory he had of a guy pulling into his driveway, followed by a police officer & Joel's 1st thought was, *that person is running from the police, is going to come in the house & kidnap me! RUN!* What really was happening was someone was getting a speeding ticket. Have you ever had *runaway fear or worry* that creates a big, fake story in your head?
3. Our brains have an almond sized gland called an amygdala & it's job is to help you survive. It's where fear & worry comes from. What does your amygdala get the most worked up about?
4. Read Luke 2:14. This was the angels announcement for Jesus' birth. From this verse, what's connected to Jesus' birth & Jesus followers?
5. Read Philippians 4:6-7 & discuss the following statement from this message : *prayer is the path to peace.*
6. Have you ever heard or said, "*oh, things are bad! I guess all we can do now is pray*" as if prayer was your last resort? What would you do different if prayer wasn't your last resort but always your 1st line of offense?
7. Dr. Caroline Leaf, a world renowned Cognitive Neuroscientist, wrote that *it's been found that 12 minutes of daily, focused prayer over an eight week period, can change the brain to such an extent, that it could be measured on a brain scan.* Does it surprise you that *prayer literally changes the mind?*
8. In this message, we defined worry as *the sin of not trusting the promises & power of God.* Read Romans 8:5-6 & discuss how worry could be unintentionally saying *God, I don't think I can trust you with this.*
9. What do you remember about the *Worry Box & God Box* illustration?
10. How has this message, conversation, or series impacted you the most?



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