

Hope in Mind: Replacing Anxiety with Hope

October 28 & 29, 2023

All Bible passages are quoted from the New International Version of the Bible unless otherwise noted.

BIG IDEA: What you worry about most reveals where you trust God the least.

Matthew 6:31-34 | ³¹ So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

- 1. What you're worried about today may NEVER happen.**
- 2. What you're worried about today may happen, but GOD will CARRY you through it.**

Philippians 4:6-7 | ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**NEXT STEP: Have the courage to continue mental health conversations.
Don't wait; reach out for help today.**

Further Study & Discussion Questions

Getting to Know You:

We are in week four of our series Hope In Mind, focusing on the issue of mental health. This weekend's message was all about turning your anxiety into Hope.

The Big Idea of the message was, "What you worry about the most reveals where you trust God the least." As a group, discuss the subject of worry/anxiety. Do you worry, if so, about what things?

Quick Review:

Was there anything about this week's message that was surprising to you? Was there a specific point or Scripture that made you want to elbow the person sitting next to you? Or maybe made them want to elbow you? What was the one thing you remember most from the message?

Digging Deeper:

Worry statistics:

- About 60% of adults in the US struggle with worry and stress daily.
- In 2019, two out of three Americans said they were anxious or extremely anxious.
- 91% of high school and college students report consistent and significant levels of anxiety associated with stress.
- We tend to experience worry in our minds.
- We generally experience anxiety in our bodies.

Common areas of worry/stress:

- Finances
- Food
- Fitness
- Fashion
- Future

Discuss these statistics as a group? Share your thoughts, good or bad.

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Does knowing these are the very words of Jesus help you? How does Jesus tell us to combat the worry and anxiety that can easily creep into our lives?

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Paul is telling the church here, if. You're worried, scared, anxious, stressed, then It's time to pray.

"It has been found that 12 minutes of daily focused prayer over an 8-week period can change the brain to such an extent that it can be measured on a brain scan." - Dr. Caroline Leaf

Not only does prayer touch the heart of God, but prayer changes the chemistry of your brain.

Prayer:

Father, you know my heart, my thoughts, the things that weigh me down and cause me to be anxious and worrisome. By your word and by your power, I submit my life and thoughts to you. Help me to live with absolute confidence and faith in you God and to trust you are in control of all things. In Jesus' name, Amen.