

October 25, 2020

TALK ABOUT IT



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TEACHING OVERVIEW

This past weekend, we wrapped up our sermon series Peace of Heart I Mind. Pastor Ken interviewed Dr. Jim Cress a Christian counselor. They talked about practical ways to help us have peace of heart and mind.

Encouragement

Share with the group a fact that happened this week and the impact that it had on you. Was there a different track that you had to take because of that event?

What are some unknowns you have in your life that are creating worry and/or anxiety?

Scripture & Discussion

Read: Genesis 3:1-13

Discuss

1. What were the reaction of Adam & Eve after they ate the fruit? In what ways do we respond similarly when we are deceived by Satan?
2. Dr. Cress made the comment that we have been "masked up" since this passage of Scripture. With who or in what area of your life have you found that you "mask up"? As Christians what can we do to cultivate deeper meaningful relationships in our lives?

Read: Hebrews 12:1-3

Discuss

3. The first thing we are to do according to this passage is "throw off everything that that hinders." Take a few moments to identify what you need to throw off to be able to run your race well. Share with the group one of them and how you can throw it off this week.

4. Dr. Cress shared that to have peace in our hearts and within our relationships we have to forgive not just the act but the impact that it had on us. Do you have someone you need to forgive in this way? Or something that you need forgiveness from? Take time this week to forgive or ask for forgiveness.

5. The second thing we are to do is "fix our eyes on Jesus." How are you fixing your eyes and hiding behind Jesus each day? Maybe you need to develop a new habit of this, who can help hold you accountable?

Prayer

Pray that each of you will daily recenter on God to experience peace of heart and mind. That you will see God and not just hear Him.

Pray that we can take off our masks in our relationships and experience deep relationships and conversations.

Next Steps

Read 2 Corinthians 10:5. Memorize it this week. Act on it.

This week, listen to Dr. Cress continue the conversation with Pastor Ken on the More with Murphy podcast.