

## Winning the War in Your Mind Calm My Anxious Mind

### TALK IT OVER

#### Key Scriptures

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ... And the God of peace will be with you.*

Philippians 4:6-9 NIV

*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

Find this in our app.

Open the app, choose this message, then tap “Talk It Over.”

Get this in your inbox.

Visit [info.life.church/talkitover](http://info.life.church/talkitover)

Whoever finds God, finds life.

More of God’s truth all week long at [finds.life.church](http://finds.life.church)

Let Pastor Craig lead your LifeGroup.

- Pastor Craig partnered with the *You’ve Heard It Said* podcast to create LifeGroup discussion episodes for *Winning the War in Your Mind*. Find the fourth episode at [www.go2.lc/calm](http://www.go2.lc/calm) (from 3/8).

**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?

**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 12 minutes for focused prayer each day. At the end of the week, reflect on how your thought life has been affected.**
- Start the *Winning the War in Your Mind* Bible Plan using Plans With Friends: [www.go2.lc/war](http://www.go2.lc/war)
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.