

Group Discussion

INTRODUCTION

What if developing peace in life has more to do with setting our mind on God's Spirit than with worrying about things on this earth? How might this reduce your level of anxiety and even help those around you?

GETTING STARTED

1. Discuss a situation in which you were worried or anxious, and how it affected you. How did it affect your behavior, thinking, and feelings? Was the outcome as good or bad as you anticipated it would be? Explain.

FROM THE SERMON

2. Looking back at your notes from this week's teaching, was there anything you heard for the first time that caught your attention, confused you, or challenged you?
3. Read 2 Timothy 1:7. What do you feel you need more of in your life right now: power, love, or self-control? How can relying on God's Spirit help you to refocus/relax/re-evaluate when in a situation that makes you anxious?
4. Read 2 Corinthians 10:3-5. How are we to destroy strongholds of 'stinking thinking' in our lives? Which stronghold are you willing to apply this passage to and how will you do it?
5. Read Romans 8:5-8. While we are to set our minds according to the Spirit, Sean explained that 90% of the time our mind is set on the flesh. How will you include more of God's Spirit in your everyday life? At home? At school? At work? In your marriage?
6. What are you hearing from the Holy Spirit right now?

NEXT STEPS

7. What will you do with this new truth or spiritual insight as revealed by the Holy Spirit?
8. Take time to pray together.