

Winning the War in Your Mind

Why Worry?

TALK IT OVER

Key Scriptures

1 Kings 19:2-12 NLT

6 The mind governed by the flesh is death, but the mind governed by the spirit is life and peace.

Romans 8:6 NIV

4 "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me..."

Psalm 23:4a ESV

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