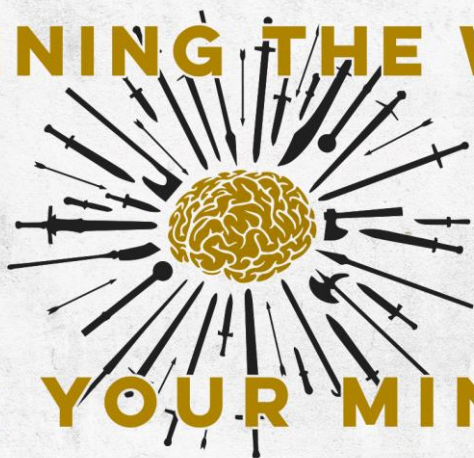


WINNING THE WAR



IN YOUR MIND

PART FOUR:
CALM MY ANXIOUS MIND

Connect Group Discussion Guide
Sunday, January 22, 2023



RESTORATIONLIFE
CHURCH

CALM MY ANXIOUS MIND

Philippians 4:6-9; Hebrews 4:16; James 4:2; Romans 8:5-6

ICE BREAKER

If you could learn any skill, what would it be?

GOING DEEPER

- 1) Read Philippians 4:6-9. What connections do you see between prayer, your thoughts, and the peace of God in this passage?
- 2) Pastor Dave said, "Worry is the sin of distrusting the promises and the power of God." What thoughts does that statement stir up within you and how does it make you feel?
- 3) Read Romans 8:5-6. How does letting the Holy Spirit control your mind relate to taking every thought captive?
- 4) Pastor Dave talked about the need to do what we can do, give God whatever we can't do, and trust God no matter what. Which of those three areas is the most difficult for you?
- 5) What declarations of truth do you need to write out, think about, and confess until you believe? Take time to begin this process in your life.

GOD'S TRUTH TO REMEMBER

Philippians 4:6–7 (NIV) - 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.

PRAYER REQUESTS

(List prayer requests here so you can pray for them all week long.)

SERMON NOTES