

WINNING THE WAR



IN YOUR MIND

06/27/2021 "Overcoming Anxiety"

1. Have you had an adventure turn negative or dangerous?
2. Why do so many people associate darkness with anxiety or fear?
3. What would you say are the top two things that make you anxious?
4. Read Ephesians 1:16-23. What's the message of this passage? Why is it important?
5. What truth does Paul state has been revealed or illuminated?
6. Can you think of a time when you've had a new way of thinking about God or faith? What initiated it?
7. Pastor Matt mentioned five things that Jesus illuminated. Which one resonated or stood out to you most?
 - i. Jesus illuminated the generosity of the Father (Lk 5:1-7; Mt 6:25-34).
 - ii. Jesus illuminated what God really wants (Mt 9:12-13; Zeph 3:17).
 - iii. Jesus illuminated the true value of every human (Lk 4:18-21; 9:46-48).
 - iv. Jesus illuminated the true nature of death (Rom 8:38-39; Jn 11:25-27).
 - v. Jesus illuminated what it means to be truly human (Eph 4:20-24).
8. Is there one that speaks to something you currently feel anxious about?
9. Can you identify a lie that you have believed that has led to anxious thoughts, what is the truth that combats that lie?
10. How can you position yourself to better see and grasp the truth illuminated by Jesus' life, death and resurrection?
11. If our lives are always moving in the direction of our strongest thoughts, what can you do this week to strengthen your thoughts in the truth of God?