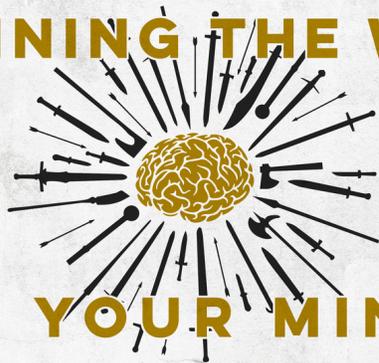


WINNING THE WAR



IN YOUR MIND

SERMON DISCUSSION

WEEK 4

Quotable Moments:

- Most of life's battles are won or lost in your mind.
- "Our lives are always moving in the direction of our strongest thoughts." Craig Groeschel
- Prayer will give you peace.

Key Things You Heard:

- You can't combat anxiety if you don't know what causes it.
- When you feel anxiety and worry - it means your amygdala (survival and reactive part of brain) is overruling your prefrontal cortex (rational and logical part of brain).
- Prayer with thanksgiving will give you peace.
- Worry is focused thinking on what is out of control. Prayer is focused thinking on who is in control.

Pray: God, thank You for giving us your Holy Spirit to guide us, intercede for us, direct us, and prompt us. Help us listen to and obey those promptings. Father, whenever we're worried or afraid, help us come to You with thanksgiving, surrendering every doubt and anxious thought to You. In Jesus' name, Amen.

Moving Forward:

- Make this commitment every day. Do what you can do. Write out the things that are in your control. Give God what you can't do.
- Memorize Philippians 4:6-8.
- Start the Winning the War in Your Mind Bible Plan on YouVersion Bible App.
- Re-watch and/or share the sermon with a friend. Go to rivertown.cc or the RCC App.
- Purchase the book by Craig Groeschel and commit to read it this month.

Questions for Group Discussion:

First Minutes: Imagine an alien from another planet landed on earth and asked you this question. "What is prayer?" How would you respond?

- What season of your life did you struggle with anxiety the most? What have you tried to calm your anxiety?
- Paul talked about two parts of the brain, the amygdala and prefrontal cortex. Describe what each part does and why they are important.
- Read Philippians 4:6-7. What are the parts of prayer mentioned in these verses and why is each important? What is promised as a result of prayer?
- Read Philippians 4:8. Paul said prayer with thanksgiving changes your focus. What can you do to change what you think about?
- Do you struggle with believing this simple formula of prayer will work? Read verse 7 again and talk about the meaning of "transcend understanding".
- How can this group help you trade your worry and anxiety for God's perfect peace?
- In your prayer time, first focus your prayers on thanksgiving, then requests and needs.