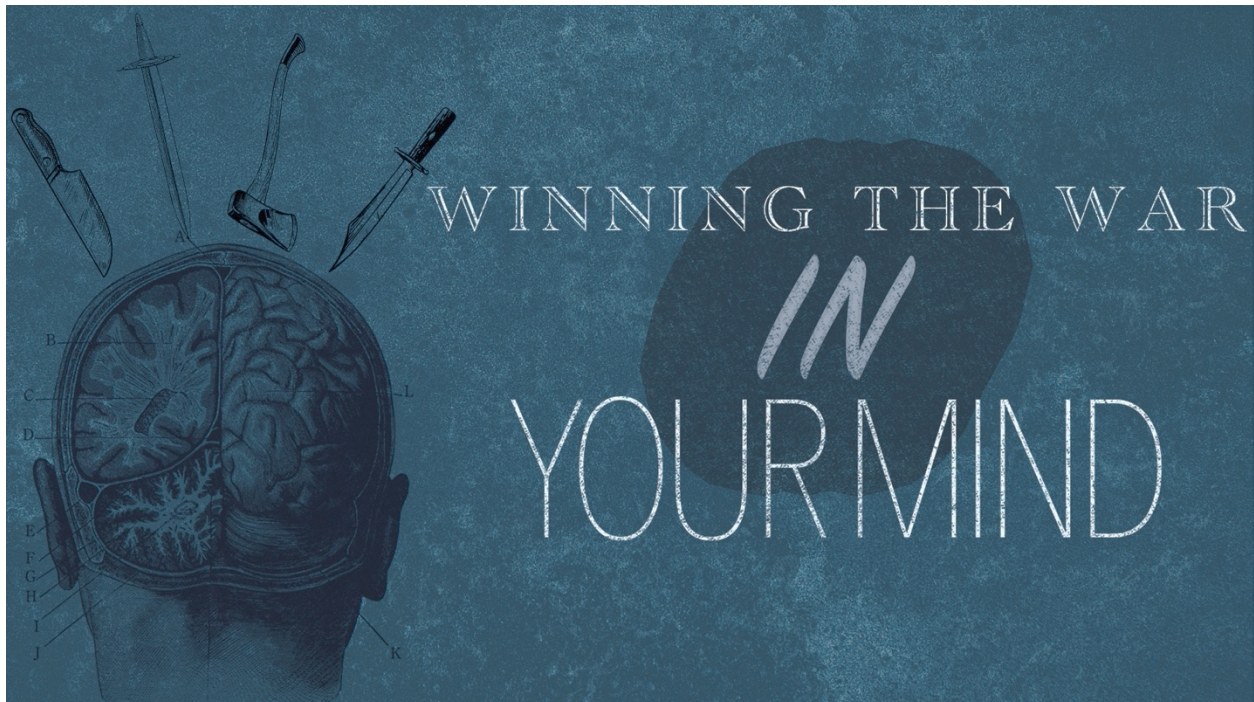


January 30, 2022

Winning The War In Your Mind

Pastor Brian Greenleaf, Lead Pastor



Win the Battle

Romans 12:2, 2 Corinthians 10:3-5, Philippians 4:4-9, Proverbs 4:23, James 4:7

Winning the Battle: 7 Keys to minimizing anxiety

1. Daily _____ (vs 4)
2. Daily _____ (vs 5)
3. Daily _____ (vs 6a)
4. Daily _____ (vs 6b)
5. Daily _____ (vs 6c)
6. Daily _____ (vs 8)
7. Daily _____ (vs9)

Most of life's battles are won or lost in the mind.

Your life is always moving in the direction of your strongest thoughts.

You cannot control what happens to you. You can control how you frame it.

Stop interpreting God through circumstances. Start interpreting circumstances through the goodness of God.

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Sermon Talks:

1. What caught your attention in this week's sermon? Was there something you had never heard before or something you had a question about?
2. In general, how do you make yourself feel good or happy? How do you try and make yourself feel good or happy in response to moments of anxiety?
3. What worries did you have as a child? Do you find yourself worrying about any of the same things today?
4. Can you think of a time when you decided to trust God instead of worrying?
 - What prompted that decision?
 - What kind of impact did it have on you?
5. Read Philippians 4:4-9.
 - What sorts of things occupy your mind?
 - How does your preoccupation with these things affect your relationships?
 - How does it affect your joy in the Lord?
 - How does it affect your relationship with the God of peace?
 - How does coming to God in prayer and praise help relieve anxiety?
6. What is something you are worried about and having a tough time trusting God with? Why do you think it is so hard to trust Him with it?
7. How often do you spend time with God? When is the best time of day for you to do that?

Pray about it:

Be bold and pray with power.

Father, thank you for who you are. Thank you that no matter what struggles I face, I can trust you to be with me, support me, and work all things together for my good. Help me set aside my worries and fears and turn to you instead. In Jesus' name, amen.

IT'S TIME WE WIN THE BATTLE IN OUR MINDS!