

keeping wholeness in
mind



Sermon Discussion Guide

September 11th, 2022

*Use this discussion guide with your small group
or by yourself, to dig into the text and theme
of Sunday's message.*

Key Point: When anxious thoughts and worry overwhelm, invite Jesus to fight for you.

Life Sharing: (answer one)

1. What are some stories in the news lately that could cause people to worry?
2. What do you do when you feel anxious or out of control?

Transition / Open in prayer:

3. Describe a time in your life when you were content, happy, and/or carefree.

Life Examination:

READ *Psalms 40*

4. When was David's life stuck in the mud, in the slimy pit. List some of the seasons of his life when he faced hardship, fear, doubt, and pain.
5. How does God respond to David's cry? What do those images mean for David?
6. What are the good things that David does to help move his heart and mind off the worries of his life and onto God?
7. What are the things God does for David to remind David that his life matters and belongs with God?

READ *Philippians 4:4-9*

8. What does Paul encourage us to do when we start to feel anxious?
9. How does God's peace guard our hearts and minds?
10. How does what you think about affect how you feel?

Life Application:

11. What is the difference between being worry about something and being concerned about something?
12. How can you come alongside someone who is overwhelmed by their emotions?
13. On a scale of 1-10, what is the stress level in your life this week? What can our group do to help you with this stress?
14. When you are worried about circumstances in your life what two things you can do to find peace?

Life Prayers: Pray for one another and specific worries in your lives this week.