

MIND WARS || Escaping Negativity

Group Notes

INTRODUCTION

This past weekend, Chad talked about how to escape the negativity surrounding you and the answer might have been surprising. He suggested that instead of looking at our circumstances, we need to look at our mindset and take our negative thoughts captive the way God teaches us to.

CONVERSATION STARTERS

- What is something you never thought you would be able to do but now you can do it so easily you do not even think about it?
- Last week you were encouraged to share something you were anxious about that you had not shared with anyone before. What happened with that worry item this week?

SERMON NOTES REVIEW

Looking back at your sermon notes from this weekend's teaching, was there anything said that caught your attention, challenged you, or confused you?

WATCH THE VIDEO

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GROUP DISCUSSION

1. Where have you seen God at work in your life this week?
2. Read [2 Kings 6:8-23](#). Even though the circumstances were the same for Elisha and his servant, what was the mindset for each one? How did Elisha's mindset help him face his difficulties?
3. How do you tend to react when you face difficult situations?
4. Read [2 Corinthians 10:5](#). What are some ways you can take your thoughts captive?
5. What are some positive thoughts you can focus on when you are facing something difficult?
6. Who do you have in your life that will help you focus on God's Word when the negative thoughts overwhelm you?

PRAYER

Go around your group and ask for prayer requests. Ask God to help you take your thoughts captive when the negativity starts to creep in. Ask Him to surround you with friendships, centered around Christ, to help you navigate the difficult times.

ANNOUNCEMENTS

- Sun Valley's annual Single Parent Blessing is coming up and we need YOU! We believe it is important to partner with the single parents at Sun Valley and provide encouragement and support throughout the year. As a group, decide what family size you would be able to sponsor for the 2022 Single Parent Blessing! Your leader will be receiving a registration link to get your group signed up! If you have questions, please reach out to your campus Next Steps pastor.
- Are you curious about global trip opportunities to serve, build friendships and share the love of Jesus around the world? Join us for a fun and informative Global Mission Trip Interest Meeting to help you see how God wants to use YOU to serve your world! For more information go to world.sv.cc to register.