

MIND WARS || Overcoming Anxiety

Group Notes

INTRODUCTION

This past weekend Robert asked whether anxiety and worry are taking over your life and encouraged us with the words, you aren't alone. The good news is that God's will for us is to experience the peace of Jesus who is the "Prince of Peace."

CONVERSATION STARTERS

- What are some things you anxious about as a kid?
- As an adult, what is something "silly" you worry about? (ex: outcome of a sports game, not getting a good seat at a movie theater, etc.)

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

[CLICK HERE](#)

GROUP DISCUSSION

1. What is one thing you are anxious about?
2. Read [Philippians 4:4-9](#). Do you find it difficult to "Rejoice in the Lord always. I will say it again: rejoice!" Why?
3. How much of your time during the day do you spend thinking about the things Paul writes in verse 8, rather than thinking about the worries of your day?
4. How can focusing on your relationship with Jesus change the things you worry about?
5. Read [1 Peter 5:5-7](#). Who are the people you talk to about the things that keep you up at night?
6. How can investing in relationships centered around God's Word lead you to a place of peace?

PRAYER

Go around your group and ask for prayer requests. Ask God to give you the wisdom to shift your thinking from worry to things that are praiseworthy. Ask Him to provide you with godly counsel from others in your life.

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