

## Anxiety

### Defeating a Negative Mind



# Talk It Over

### Message Summary ...

The trajectory of your life is a reflection of the thoughts in your mind. While you cannot control every thought that comes into your mind, you can control which thoughts are able to land. Through scripture, God gives us the ability to replace negative thought patterns and build a mindset rooted in faith.

### Key Scriptures ...

*4 Always be full of joy in the Lord. I say it again—rejoice! 5 Let everyone see that you are considerate in all you do.*

*Remember, the Lord is coming soon.*

*6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

*8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.*

Philippians 4:4-8 (NLT)

*3 For though we live in the world, we do not wage war as the world does. 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

2 Corinthians 10:3-5 (NIV)

### Start Talking ...

*Find a conversation starter for your group.*

- Reflect on your gratitude practice from last week. How did spending five minutes daily noting what you're grateful for affect your anxiety levels? Share your experiences and insights with your group.
- Watch this week's Sermon Refresh: [Here](#) (Available Mondays)

### Start Thinking ...

*Ask a question to get your group thinking.*

- Please read the Key Scriptures on the left.
- What does the Bible say about controlling our thoughts and focusing on positive things? How does Philippians 4:8 and 2 Corinthians 10:4-5 guide us in this?

### Start Sharing ...

*Choose a question(s) to create openness.*

- When have you noticed your thoughts affecting your mood or actions? How did you handle it?
- What are some ways we can help each other focus on positive and true thoughts in our group?
- What specific steps can you take this week to replace negative thoughts with truths from God's Word?

### Start Praying ...

*Heavenly Father, we thank You for the power of Your Word to transform our minds. Help us to focus on what is true, noble, and praiseworthy. Guide us in replacing anxiety with Your peace, and strengthen us to support one another in this journey. Amen.*

### Start Doing ...

Begin by identifying a negative thought pattern in your life and explore its root cause. Then, find a Scripture that speaks God's truth to that root and commit it to memory.

To find the right Scripture, consider using a Bible app with search features, or online resources like Bible.com. These tools can help you search for verses related to specific themes or emotions. You can also work with your Group Coach to find the right scripture.