



"Peace of God"

Change Your Thinking,
Change Your Life Series

Pastor Mark

10.20.19

*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your request to God. And the peace of God, which transcends all understanding, will guard your hearts and your **minds** in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-- if anything is excellent or praiseworthy, **think** about such things. Whatever you have learned or received or heard from me, or seen in me--put it into practice. **And the God of peace will be with you.**"* Philippians 4:6-9

Your life will always move in the direction of your **STRONGEST THOUGHTS**.

*"Do not be conformed to the patterns of this world, but be transformed, by **the renewing of your mind.**"*
Romans 12:2

What is worry?

- Worry is the sin of **DISTRUSTING** the promises & power of God.
- *"Those who are dominated by the sinful nature **think about sinful things**, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Holy Spirit control your mind leads to **life and peace.**"*
Romans 8:5-6

Philosophy to live by:

If there's something I can do, I'm going to do what **I CAN DO**.

Then I'm going to give God what **I CAN'T DO**.

And I'm going to trust God **NO MATTER WHAT**.

C3 Group Questions

Last Week's Next Steps: Did you gather at C3 on Sunday to express your faith? Did you build your faith this week through consistent time in prayer & God's Word? If so, share what stood out to you in your time with God?

Ice Breaker: Describe a moment of true peace. What happened? Where were you? What were you thinking about?

Review: What one thing stood out to you (either helpful, insightful or troubling) from the weekend's message?

Group Discussion:

Read Romans 8:5-6. How is this scripture similar to the way your brain naturally works? How is it different?

What are some of the root causes for worry & stress in your life?

Worry is the sin of distrusting the promises & power of God. Do you agree or disagree with that statement? Why?

Describe a recent circumstance that really stressed you out. How does Philippians 4:6-9 change the way you'll respond next time?

What are some specific habits you want to form in order to replace worry with trust in God & His truth?

How can this group pray for you this week? Who in this group can you pray for this week?

This Week's Next Steps: (*"Do not merely listen to the word.....Do what it says."* James 1:22)

- Start a good habit. Every single time you catch yourself worrying or stressing about something, put it in the prayer box & give it back to God.
- Philosophy to live by:
 - If there's something I can do, I'm going to do what I can do.
 - Then I'm going to give God what I can't do.
 - And I'm going to trust God no matter what.