

October 2<sup>nd</sup> and 5<sup>th</sup>, 2025 – Battlefield of Your Mind – Worry and Anxiety  
This guide is designed to give helpful hints in preparing for your group discussion.

### Quick Review

Look back from your sermon notes – Was there anything that particularly challenged you from this sermon? Anything you didn't understand, agree with or connect with?

### Introduction

It has been said before that "**Fear** is a reaction to current threats. **Anxiety** is a reaction to future threats." Interact with that statement. What are your thoughts?

### Digging In

**Question 1: Read Luke 10:38-42.** Pastor Jeff read the story about Martha and Mary in Luke 10. He outlined the different characteristics of each woman and how they responded to Jesus being in their house. Which woman would you align with more in how they reacted with Jesus being there?

#### Mary

Sitting  
Devoted to one thing  
Connecting with Jesus  
Trusting in her heart  
Worshipping

#### Martha

Serving  
Distracted by many things  
Complaining to Jesus  
Troubled in her heart  
Worrying

**Question 2: Read Romans 8:15, Psalm 121:1-8.** Pastor Jeff talked about 4 different principles to help overcome worry or anxiety. The first was to "admit the problem." From these two passages, what are some ways it shows us on how to admit these issues to God? How does the Lord help us admit when we are fearful? How does Jesus and the Gospel remind us that we have nothing to fear? What about letting go of control?

**Question 3: Read Matthew 6:25-34 and Philippians 4:6-7.** Pastor Jeff talked about the next two principles to help overcome worry and anxiety – "acknowledge it's pointless" and "**Ask for help in prayer.**" Jesus tells us in Matthew 6 that "nobody can add a single hour to our life from worrying." If you reflect on your moments of biggest worry, how have you seen what Jesus has said is true? Why does our heart sit in worry when we most of the time have zero control over the outcome? Philippians tells us "to not worry about anything but to pray about everything!" In verse 7 of the passage in Philippians, it says that prayer will produce PEACE. How have you seen the effects of prayer produce these things in your life? When have you seen your worry, or lack of prayer, create even more chaos in your emotions, thoughts and spirit?

**Question 4: Read Philippians 4:6-7 and Isaiah 26:3.** The last point Jeff spoke about was "**abiding in His presence.**" This also ties back to the Philippians passage. **Isaiah 26:3** says that there is a "perfect peace" when our minds stay on Christ and trust Him.

**Read John 14:26-27**

How does this understanding of peace that Jesus promises to His followers go with what Isaiah and Philippians says? How does the peace Jesus give differ than what the world tries to provide? What encouragement does Christ give to you at the end of verse 27?

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| <p><b>Praise / Prayer Requests</b></p> |
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Pray for your group with these things in mind:

**Adoration** – How can I praise God for what this teaches me?

**Confession** – What sin can I confess because of what this teaches me?

**Thanksgiving** – How can I thank God for what Jesus has done?

**Supplication** – What do I need to ask of God in order to grow in light of this?