

Fully
Our Mind
Life Group Questions – January 29, 2023



Connect

1. What is a quirky or unusual fear that you have?

Learn & Apply

2. Did you know that the battle to overcome temptation takes place in the mind? Share your past thoughts about how to defeat temptation, doubt and anxiety.
3. **Read Philippians 4:6-7**
4. What makes you anxious? When do you experience anxiety? How do you know you are experiencing anxiety (do you worry; feel it in your body – shoulders get tight/jaws clinch)?
5. When you feel anxiety, what do you do to calm down? Is prayer the first thing you do?
6. Have you experienced the peace of Christ as a result of prayer? Can you give an example?
7. **Read Philippians 4:8-9.** Is this filter helpful in determining what is true and what is a lie from the enemy? Is there any other filter you use to distinguish between the two?
8. Are there any verses in the Bible that you have committed to memory or go back to again and again to defeat temptation, doubt or anxiety?

Care and Pray

We ask our groups to focus on **3 simple practices: to care, learn and pray together.** Is there an area of your life producing anxiety that your group can pray for?