

WINNING THE BATTLE OF YOUR MIND

Week 2 – March 30-April 5



New Hope | Small Groups

WINNING THE BATTLE OF YOUR MIND



SMALL GROUP GUIDELINES:

SAFE GROUP: everyone can be real, open, and honest with their struggles and victories.

CONFIDENTIALITY: What is said in the group stays in the group.

LISTEN: really listening to what is being shared. Try to avoid thinking about how you are going to respond, or what you are going to say next.

PAUSE: Give the person sharing the chance to finish and the group the opportunity to consider what was just shared before responding.

NO "CROSS TALK": Be considerate of others as they are sharing. No side conversations.

NO FIXING: We are not here to fix each other. Jesus does that part. Give encouragement; speak truth, and point to Jesus.

NO RESCUING: When people are sharing something deeply personal resist the temptation to rescue them by giving advice. This will often cause them to stop sharing.

SHARING: Be sensitive about the amount of time you share.

BE SELF-AWARE: Be self-aware of how you are personally effecting the environment through your words, actions, and non-verbal communication.

USE "I" STATEMENTS: It's easy to talk about the issues of others, but for our purposes, we want you to put yourself on the table. Try to use "I" statements rather than "them", "the church", "us", "we", etc.

CONFLICT: When conflict or sin issues arise, we want to make sure that we are honoring God and each other in the way we deal with these issues.

Small Group Evening Schedule:

10min - Hangout time

10min - Welcome, Opening Prayer, Group Guidelines, Announcements

10min - Follow-up discussion about Sunday's Sermon

- What is one thing you learned? What challenged you?

40min - **Storying through scripture:**

During this series, Pastor Tim is going to help us understand how to win the battle in our minds. Too often our thought life is riddled with negativity, anxiety, worry, lies and self-doubt. Last week we talked about the source of our thoughts, today we are going to encourage one another with testimony and truth. Think of it like a night of blessing!

Read Philippians 4:4-9

VERSES 4-5:

What does worshipping God look like every day for you? How do you rejoice? Why is worship important for winning the battle in your mind?

VERSE 6:

What does it look and feel like for you to be anxious? Are there things you've been anxious about lately? Share with the group.

What is the next step to remove anxiety? Discuss the differences between prayers, petitions & thanksgiving.

What does prayer look like for you every day? How do you talk to God?

VERSE 7:

What does peace feel like? Where can God give you peace? What does His peace do for your life according to verse 7?

VERSE 8:

List all the attributes of the things we ought to think about in verse 8:

Considering this list, share with the group things that you need to think about rather than your anxious thoughts. Encourage each other with the good things and thoughts that we may not think of ourselves.

VERSE 9:

This week, how can you put this into practice? Start to replace lies, bad or anxious thoughts with worship, prayer and heavenly thoughts.

10min - Share prayer requests & pray.

(one person write requests and email or text to the rest of the group)
