

KING OF KINGS MESSAGE DISCUSSION GUIDE

WINNING THE WAR IN YOUR MIND - AUGUST 14, 2022

Week 2

Icebreaker

If you could eliminate one thing from your life right now, what would that be?

Key Passage

Philippians 4:6-7

“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 minds in Christ Jesus.”

Discussion Questions

1. Only share what you are comfortable: what in life makes you anxious?
2. Have you identified why these things make you feel anxious? If so, consider sharing with the group if you feel comfortable.
3. How does your anxiety spill into other areas of your life?
4. Elijah had just confronted and emerged victorious over 850 false prophets in 1 Kings 1 Kings 19, yet just a chapter later we find him alone in the wilderness begging for God to take his life. What do you think caused this quick swing of emotions? Can you identify with rapidly shifting anxiety levels?
5. Read 1 Kings 19:11-18. Notice that God didn't speak to Elijah through the powerful wind or the earthquake, but through a whisper. What does that mean to you?
6. To give Elijah comfort, God reminded him of all the people, the great community, he had on his side. Who are trusted people you can consult when anxious thoughts arise?
7. Read Luke 10:38-41. Notice how Mary's anxiety about being a good host caused her to get busy and draw away from the one place she needed to be – at Jesus' feet! How do your responses to anxiety keep you from God?
8. Who can you reach out to about their anxiety? Is there someone in your life who needs you to be a sounding board for them?
9. Defeating anxiety isn't as easy as giving it to God one time; it can be a daily, hourly, or even minute by minute ritual. What can you do to continually take your anxious thoughts to God as they crop up?

Close with Prayer