



Conquering Worry // Jeff Brodie // October 3, 2021

The conversations you have most often are the ones you have in your own mind. And if you are honest, they are likely more negative than positive. Sometimes what you hear comes from your past, while other messages are lies you've picked up over time, and others show up as anxiety and self-doubt. Here's what's critical: How you think tends to become how you live your life. What if it were possible to move towards internal freedom and win the war in your mind?

Scripture: [Philippians 4:4-8 NLT](#); [Romans 8:5-6 NLT](#); [Romans 12:2 NLT](#); [Romans 6:7-14 NLT](#)

Bottom Line: The worship in your life prepares you to handle the worry in your life.

Getting Started:

1. Would you consider yourself a “worry wart”? If not, do you know someone who you would call a “worry wart”? What are the characteristics you associate with this person?

Jumping In:

2. What is one area where you are currently filling the gap between the real and the ideal with worry?

Discuss:

3. Read [Philippians 4:4-5 NLT](#).
 - a. Do you find it difficult to follow the challenge (to choose joy) that Paul shares in these verses? Why do you think that is?
4. Read [Philippians 4:6-8 NLT](#).
 - a. What was surprising about this passage?
 - b. Why do you think we default to prayer only when we need something?
 - c. Jeff shared that the prayer in your life will dictate the peace in your life. What does your prayer life currently dictate?

5. Jeff shared that the worship in your life prepares you to handle the worry in your life. What is the frequency of worship in your life?
6. Often we have a very limited perspective on worship (e.g., worship = music). What are some other ways that you can worship God on an everyday basis? What have you found personally meaningful?
7. Read [Romans 6:7-13 NLT](#).
 - a. "Jesus broke the power of sin so you don't have to _____ anymore."
What would you put in that blank?

Moving Forward:

This week remember that you can worship God, not just in the moments you need something from him, but in the rest of your week too. Pay attention to how this choice changes the way you think.