



Group Leader
Discussion Guide
Week 4 Sept 25th/28th

Announcements:

Apache Serve Day - October 4
Youth One Night - October 5
Single Moms Oil Change - October 18
Growth Track - October 19
Arizona Leadership Network - October 23
At The Movies Starts October 30/November 2
Baptism Weekend - December 4 & 7

DISCUSS IT

1. What has been the most significant takeaway you've had from the Sound Mind series?

- How would you have described anxiety before this weekend's message, and how has your definition changed since hearing the message?

2. Have you ever realized, after the fact, that something you kept ruminating about wasn't actually true?

- What does it look like to "interrupt" a pattern of ruminating with truth or supportive community?

3. How does the story of Elijah demonstrate the reality of anxiety?

- What does the response of God to Elijah tell us about caring for both our physical and emotional needs?

4. Read Philippians 4:8, Proverbs 12:25, & 1 Peter 5:7. What do the passages say about the power of a kind word, and how have you seen this in action?

5. Pastor Jared describes healing as a process, not an instant event.

- What practical steps such as sleep, nutrition, exercise, or counseling are you most likely to ignore and why? What step do you need to take next?

- RESPOND TO IT

What have you learned about God from His Word? How is He asking you to apply it to your life? When will you apply?

ONE LIFE
C H U R C H