

Session 5: Meditate on These Things

Verse of the Week: Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. -
Philippians 4:8

Key Scriptures:

Mark 5:24-26
Galatians 6:7
2 Corinthians 10:5
Mark 5:33-34
John 15:4
John 15:8
Matthew 26:39
1 Timothy 6:15
Matthew 7:7
Ephesians 6:11-18
Romans 12:1-2

What are some ways we can live out these commands in our everyday life?

Read Matthew 4:1-11. When was a time you sensed the enemy attack your thoughts? How did Jesus fight off the temptation? What specific weapon does he use?

Read John 15:1-8. Who or what do you find yourself abiding in more than Christ? How can you attach yourself to Christ more than the people and things of this world?

Companion Reading:

Anxious for Nothing Study Guide: Session 5
Book: Chapters 9-11

Group Questions:

Talk about a time when what you thought about a particular challenge you were facing turned out to be bigger than the challenge itself? What happened?

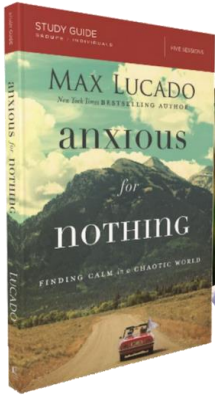
Read Luke 10:38-42. Martha was distracted (v 40). How did her concerns lead her to treat Jesus and her sister? When your mind is fixed on concerns other than Christ, how does it lead you to mistreat the ones you love?

Read Romans 12:1-2; 2 Cor 10:5 and Eph 6:14. What does each verse ask us to do so that our thoughts are not dominated by anxiety?

Group Activity:

Take some time to ask the Lord to help you sense when the enemy is attacking your mind. Commit to being diligent in putting on the belt of truth.





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Personal Study

Satan loves to fill our minds with comparisons. He wants to fill our heads with a swarm of anxious and negative thoughts. But the good news is that while there are many things in life over which we have no control, we get to choose what we think about. We get to select our own thought patterns. ~ Max Lucado

- ❖ Read the Key Scriptures.

- ❖ What theme do you see running through these verses?

- ❖ What should we put into practise so that our thoughts are not dominated by anxiety?

- ❖ Our thought patterns are really important. Though there is not much in life we can control, we can control our thoughts! Apply Pauls meditation list in Philippians 4:8 to your worry list. List gifts God has given you that are true, noble, right, pure, lovely, admirable, excellent or praiseworthy.
How does this change the way you think about your worries?

