

SERMON BASED STUDY

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Weekend of November 2/3, 2019

INTRODUCTION

- Growing up, what were some of your biggest *stressors*?
- How do you find yourself handling stress currently?
- What area of your life do you want to experience God's peace?

INTO THE BIBLE

Read Philippians 4:8; Colossians 3:2; Hebrews 3:1; Romans 8:5.

- One of the Biblical Hard Stop Principles Stephen mentioned was taking your thoughts captive by replacement thoughts.
- Have you done this before?
- What challenges do you foresee? What victories?

Read 1 Peter 5:7 and Philippians 4:6-7.

- How do these verses talk about anxiety and stress?
- Do you do a good job of replacing stress with thanksgiving and prayer?

Read 2 Corinthians 10:5.

- What does this verse say about *why* we take our thoughts captive?
- How does Luther's analogy that Stephen mentioned help you in taking your thoughts captive?

APPLICATION

- On a scale of 1-10 how anxious of a person do you consider yourself to be?
- What is causing the most stress in your life right now: a future event, a present event, or a past event?
 - What can this group do to help you battle that anxiety?