

Mastermind
Week 3 - The Battle to Overcome Worry
Sunday, September 27, 2020
Scott Savage - Lead Pastor

Broken & Beautiful

BIG IDEA: In order to overcome worry and despair, we need to practice a _____.

Three Ways We Can Overcome Worry and Despair:

1. We can align our _____ with our new identity. (Rom. 8:5-11)
2. We can choose to _____ on things that protect our peace. (Phil 4:6-9)
3. We can view our experience with worrying as _____ for meditation. (Matt. 6:34)

NEXT STEPS:

1. Review your new identity daily.
2. Pray specific prayers.
3. Set aside 3-5 minutes a day for a new meditation practice.

Further Resources:

To view the resources Pastor Scott mentioned, you can visit prescottcornerstone.com/mastermind.

Ask a Question:

You can text your question about today's message to (928) 288-5490 or submit it via the comment section on YouTube or Facebook. We will do our best to share your question during our Q&A time!

I Made a Decision:

If you made a decision to surrender your life to Jesus today, we would love to celebrate with you! Please text the word JESUS to (928) 288-5490 and one of our team members will follow up with you.

Discussion Questions:

- ICEBREAKER: When you were a kid, what identity did you love assuming? Who did you pretend to be?
- Looking back at your notes from this week's teaching, was there anything that caught your attention, challenged or confused you?
- What part of this message did God use to speak to you personally?
- Read Romans 8:5-11. Pastor Scott shared about the difference between the mind set on the Spirit and the mind set on the flesh. What distinctions stuck out to you?
- Read Philippians 4:6-7. Pastor Scott shared 4 words from that passage (prayer, petition, thanksgiving, request). Which is most present or absent in your relationship with Jesus currently?
- Pastor Scott shared some staggering stats from Jennie Allen's book, *Get Out of Your Head*. (We have 9,000-60,000 thoughts/day. Over 70% are negative. Over 95% are the same from day to day.) In what ways do you think those stats reflect your own experience?
- Read Philippians 4:8-9. Review each of the words in the "meditation filter" that Paul describes here. As a group, identify real-life examples of each word. (Get out some paper and brainstorm)
- Pastor Scott challenged us to apply our "meditation" training from years of worrying. How has worrying prepared you to meditate?
- Which of the next steps have you taken already? What did you learn or discover from taking those steps?
- How can this group encourage you as you apply this message?