

**(Verse 7-8)**

What do you think about? Are you more optimistic or pessimistic in your thinking? Do you take your thoughts captive to the obedience of Christ (2 Cor. 10:5)?

How does what we think about relate to worry?

How does what we think about affect our attitude in difficult situations?

How can you change your thinking to think the best rather than the worst?

Summarizing Phil. 4:6-9, Wayne Mack says:

*"To overcome worry God says I must pray properly (vs. 6), think properly (vs.7-8), and live properly (vs. 9)."*

Do you agree with this statement?

Which one of these 3 areas do you struggle with most? What area is your strength?

**Taking it Home:**

Get a shoebox and make a hole in it. Every time you begin to worry about something, write it down. Take this worry, put it in the box. Then pray, giving it back to the Lord. Try it for a week and share your experience with your small group.

**Out of Control  
Get Courage**

Luke 12:22-34  
Pastor Ronn Smith

*3 Reasons Why You Can Be Free of Worry:*

1. Life is more than \_\_\_\_\_ and \_\_\_\_\_.

2. You are \_\_\_\_\_ by God.

3. God \_\_\_\_\_ what you need.

*Humble yourselves, therefore under God's mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you.  
1 Peter 5:6-7*