



# VALLEY REAL LIFE

[Winning the War in your Mind | Take Back Your Mind](#)

## **Last Week**

How did you apply last week's lesson on taking every thought captive? Who did you share the lesson with?

## **Opener**

What's something that makes you anxious or worried almost every time it happens?

## **Questions**

In your own words, describe God's peace vs worldly peace? Can you share a time when you experienced God's peace in your life?

How do you normally deal with stress or anxiety in your life? Was there something said during the lesson that surprised you as a solution for anxiety?

Henry Ford said, "Whether you think you can or think you can't, you're right." What does this help us understand about the importance of guarding our minds as Paul tells us in Philippians?

What take away from the lesson are you going to start practicing in helping you deal with stressful situations?

## **Scripture Discovery:**

Have yourself, another group member, or all group members read the following Scripture out loud

Philippians 4:6-9 (NIV)

*Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.*

- What does this passage tell us about God? What does this passage tell us about people?
- How do you need to apply this passage to your life?
- And who are you going to tell?

Pray