

SERMON SERIES: Peace over Anxiety

SPEAKER: Scott Beckenhauer

DATE: April 5, 2020



Note: Good Friday services will take place Wednesday night at 6:30 and Friday night at 6:30 on Facebook or Calvary.ch. Easter services will be on Thursday at 6:30 pm and Sunday at 9:15 am and 10:45 am, also on Facebook or Calvary.ch. You can find digital invitations for your friends and family online as well.

Key Line

The thoughts that land in our minds will determine the direction of our lives.

Introduction

How do your thoughts affect your feelings and decisions? Give some examples of this.

Seek the Word

Read Philippians 4:4-9.

The word “think” in verse nine is the Greek word for “logic.” Scott talked about the structure of the brain. He said the **amygdala** is the part of the brain where emotion comes from. The **prefrontal cortex** is the part of the brain where thoughts come from.

- What does the amygdala do when there is a potentially dangerous or fearful or startling event happening? *(It creates the fight or flight response and creates fear.)*
- What does the prefrontal cortex do in these situations? *(It helps you think through what is happening and whether the threat is real.)*
- How do these work together? *(The amygdala gives us an immediate response to something dangerous but the prefrontal cortex allows us to think about whether those things are actually going to happen, to reason those out.)* What happens when the two get out of balance? *(We can become overcome by fear and anxiety.)* According to what Paul says in verses eight and nine, how can we retrain our brains to calm fears? *(Think about things that are true, noble, admirable, pure, and lovely. Pay attention to what you fill your mind with and what thoughts enter your mind, what you allow to stay there.)*

Read 2 Corinthians 10:5.

- What should we do with our thoughts? *(Take them captive and make them obedient to Christ.)*

Read Ephesians 6:10-17.

- In that list of weapons, all of them are defensive except one. Which one is an offensive weapon to help combat fear and worry? (*The sword of truth—the truth in the word of God.*)

Talk About It

- What is one anxious thought that continues to plague your mind? Share that with your group.
- How does that anxious thought hold you captive?
- What are some ways you can practically use God's word to combat these anxious thoughts?

Homework:

- Write on a piece of paper when and how you will get into God's word.
- Write out Philippians 4:8-9 and put it somewhere that you will see it regularly.