



No one has to learn how to be nervous, anxious, or stressed. What everyone could use is help learning to live with peace on the inside even when it's crazy on the outside. In this series we are going to turn to God's Word and learn that it is possible to KEEP CALM!

**These questions are designed to extend the impact of the weekend message. Use them to go deeper in your personal study time, with your family and/or with a group.**

**1 Read Philippians 4:4-8.** As you reflect on this passage again, what one thing has resonated with you the most from this series? What is something you've changed in your life as a result of what you've learned?

**2** Rick began by pointing out that *"In warfare it is critical to win the battle of the mind."* He went on to say that *"The biggest challenge to finding freedom is often changing the way we think about the challenge"* Why must significant behavior change start with changing how we think? Follow up: When do you find it most challenging to win the battle of the mind?

**3 TO MANAGE ANXIETY you must manage your thought-life.** *Behind whatever we say or do is what we think.* **Read Proverbs 4:23.** Why is it so critical to "guard your heart"? What are some practical ways you currently do this?

**4 RETRAIN YOUR BRAIN: "I can change the way I think."** *We can only do this because of the enabling of God, for Satan has blinded the minds of unbelievers.* **Read Ephesians 4:17-23.** What stands out to you in this passage? What are some ways you sense that Satan has attacked your mind in the past? Follow up: In what ways has the Spirit renewed *"your thoughts and attitudes"* recently?

**5 Read Romans 12:2.** In what areas of life are you most tempted to copy *"the behavior and customs of this world"*? Share an example of a time you changed the way you think. What brought about that change? How did it impact you and others?

**6 RETRAIN YOUR BRAIN: "I can challenge anxiety-producing thoughts."** *The bad news is that Satan takes us captive by his thoughts, and they seem so normal that we often fail to recognize the source.* How have you experienced this to be true? Follow up: Rick reminded us that *"The good news is we can capture thoughts instead of being captured by them."* **Read 2 Corinthians 10:3-5.** What are some ways that you take your thoughts captive and surrender them to Christ?

**7 RETRAIN YOUR BRAIN: "I can choose what I will focus on."** *I can fix what I fixate on.* **Read Philippians 4:8 and Colossians 3:2.** What responsibility do you have in choosing what you will focus on? What is something you've done recently to replace unhealthy thoughts with healthy ones? What is something you still need to change in this area?

**8 THANK GOD we can think "God"!** *You can rejoice in the Lord always.* How has rejoicing in the Lord even in the midst of anxious moments helped you to KEEP CALM? Follow up: Rick closed by saying, *"Your calmness can be your witness."* What is your biggest take away from this series and how might that impact your witness?

