

Calm My Anxious Mind

Winning The War In Your Mind – Part 4

October 17, 2021

Discussion Questions:

- 1. What circumstances or dynamics exist in your life right now that regularly create panic in you? Why do you think these specifics create panic in you?**
- 2. Is there any place in your life right now where you would say you have had enough and are at the end of your rope? Explain.**
- 3. Read Philippians 4:6-8. Pastor Giff asked the question, “Can you imagine if we matched the number of hours we worry with the same amount of hours in prayer?” What do you think could happen?**
- 4. Pastor Griff talked about the square squad in his message. This was created by author and speaker Brene Brown. The square squad is a very short list of people whose opinion matters. Someone who is always honest with you. And the people who push you to be better. Do you have these people in your life to help calm your anxious mind? If not, what are the steps you can take to make it happen?**