



Anxious for Nothing Leader Guide Session 5: Meditate on These Things

Video Teaching Notes

Play the video segment for session five. As you watch, use the following outline to record any thoughts or concepts that stand out to you.

- * The enemy is constantly invading our minds with lies – with thoughts that *we're not good enough*, that *no one will ever love us*, or that *everyone is against us*.
- * Our minds are constantly under attack. The good news is that while there are many things in life over which we have no control, we get to choose what we think about.
- * We occupy the control tower of our mental airport.
- * The bleeding woman had every excuse *not* to go to Jesus. Her disease had made her an outcast. She could have believed in the lies that said she was unfit or too dirty to touch Christ. But instead she *chose* to believe that she would be healed.
- * Paul's words in Philippians 4:8 make it clear that the best way to face anxiety in this life is with *clear-headed, logical thinking*.
- * When unknowns come our way, instead of responding with anxious thoughts, we need to hand our minds over to Christ. We need to let him control our thoughts with his truth.
- * The best way we can filter our thoughts is by clinging to Christ, abiding in him. He is the true vine, and as we hold onto him, he will produce fruit in us.
- * Our goal is not to bear fruit but to stay attached to the vine. We are to make Christ our home and hold onto him.

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Watch

PLEASE PLAY THE “Anxious for Nothing” DVD EPISODE #5

While you watch Episode 5, write down notes, questions, or comments you want to bring up in the discussion later.

Grow

In the following section, you will explore Bible passages and take part in discussion to help expand your knowledge on the topic of this session. If time is a concern, please choose just a few of the questions to answer and discuss in your group.

Bible Study and Group Discussion

1. Before everyone shares in the large group, turn to one or two people next to you and finish this sentence: “After watching the video, one question I now have is...|

2. Read aloud John 8:44; Ephesians 6:11-12; and 1 Peter 5:8. What does each of these verses say about our enemy?

- * What is his mission?
- * Why is it important to understand and know all we can about our enemy?

3. Read Romans 8:6 aloud. What does this verse say our minds have the power to do?

- * In *The Message* paraphrase, this verse reads: “Obsession with self in these matters is a dead end; attention to God leads us out into the open, into a spacious, free life.” What type of thoughts specifically lead to a “dead end”?
- * What thoughts lead us to a “free life”?

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4. Read Romans 12:1-2; 2 Corinthians 10:5; and Ephesians 6:14. What does each verse ask us to do so that our thoughts are not dominated by anxiety?

- * What are some ways we can live out these commands in our everyday life?

5. Read Mark 5:24-29. What thoughts do you think the enemy had planted in the bleeding woman's mind as she jockeyed her way through the crowd to get to Jesus?

- * What lies has the enemy whispered into your heart to keep you from seeking Christ when you, like the bleeding woman, feel physically or spiritually sick?
- * Instead of listening to the enemy, what does the woman say to herself (see verse 28)?
- * How does Jesus reward the bleeding woman's determined faith (see verses 33-34)? What promise can we take away from his response to her?

6. Read aloud Jesus' words in John 15:1-8 (or have a volunteer do so). One of the best ways we can think on things that are true, noble, right, pure, lovely, admirable, and excellent is by attaching ourselves to the One who embodies truth, nobility, righteousness, purity, love, and all things good and excellent. What does it mean to *abide* in Christ?

- * Who or what do you find yourself abiding in more than Christ? How can you attach yourself to Christ more than the people and things of this world?

7. Jesus says, "If you remain in me and I in you, you will bear much fruit" (John 15:5). What are the fruits we produce when we remain in Christ? (See Galatians 5:22-23.)?

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8. Our goal is not to bear fruit but to stay attached to Christ. What is the difference between these two goals?

- * What is the consequence of focusing on bearing fruit instead of focusing on staying attached to Christ? How have you seen this unfold in your own faith journey?