



Christ
Fellowship
CHURCH

MiND GAMES

Pastors Todd and Julie Mullins

Group Discussion Guide

Session 1

Think About What You Think About Part 1

You are in a battle!

Do you know that? Are you aware of it?

You are in a battle, and the battlefield is your mind.

Although mental health issues are often medical and emotional, they can also be spiritual. And today, it seems like almost everyone struggles with their mental health at some point. It's safe to say that there's never been so much anxiety, depression, loneliness, fear, and anger in our world as there is right now.

Over the course of six sessions called *Mind Games*, Pastors Todd and Julie are going to show us how to win the war in our mind and help us realize it's good to share our struggles with mental health, and in the process gain support, strength, hope, and the tools to win this battle.

In our first session, Pastor Todd shares how the Old Testament prophet Elijah battled with mental health and how important it is to think about what you think about.

Connect

Welcome everyone to the group and make sure everyone knows each other. After that, discuss these questions:

- If you could go anywhere in the world, where would you go? What do you love to do to get away from everything and recharge? How do you feel after those times?
- Describe a very stressful or anxious time in your life? At any point, did you feel overwhelmed or believe things were out of control? How did you respond?

Watch (17 minutes)

We want to give you the _____ to win this battle.

What Got Elijah into the Cave?

- A _____ started it all!
- He was _____ !
- Just because it's how you _____ doesn't make it _____ .



When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. So Jezebel sent this message to Elijah: "May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them."

Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, Lord," he said. "Take my life, for I am no better than my ancestors who have already died."

Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again.

Then the angel of the Lord came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you."

So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. There he came to a cave ...

— 1 Kings 19:1-9

Discuss

1. When you hear the term "mental health," what comes to mind? How did Pastor Todd define mental health?
2. Based on 1 Kings 19, and your understanding of Scripture, why is Elijah considered one of the greatest prophets of the Old Testament? What does this tell us about mental health?
3. Elijah ran to a cave after receiving a disturbing message. Have you ever received a message or bad news that sent you running to a "cave?" Why is that usually our first response?
4. Pastor Todd said, "Just because it's how you feel doesn't make it real." Do you agree? Incidentally, how can this statement bring you hope? How can our feelings wield such power over us?
5. The second reason Elijah was in a cave was because he isolated himself. Why is isolating ourselves so detrimental to our well-being? What other options are available to us rather than running to a "cave?"
6. God is so good! When Elijah was down and making poor choices, the angel brings him something to eat and drink, and tells him to rest. What does this remind us about the connection between mental, spiritual, and physical health? Of these three, which do you tend to neglect the most? Why?

"Just because it's how you feel doesn't make it real."

- Pastor Todd Mullins

Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again.

— 1 Kings 19:5-6

Apply

As we begin this study on *Mind Games*, what is your biggest takeaway based on this session? What will you plan to do this week to help you “think about what you think about?”

This week, I will _____

Your First 15

Start each day by spending 15 minutes with God.

- Spend 5 minutes in prayer.
- Spend 5 minutes in worship.
- Spend 5 minutes reading and reflecting on God’s Word.

Here are some passages for a deeper study this week:

- 1 Kings 19:1-18
- Romans 12:1-2
- Ephesians 4:32

Pray

Take a few minutes to share any prayer requests with your group and pray.

In preparation for the next session, watch [Video #2](#) in the *Mind Games* series.



Session 2

Think About What You Think About Part 2

In Session 1 of this study, we learned there is a battle in our minds that affects everyone. As we examined the life of the Old Testament prophet Elijah, we learned even he struggled with mental health, eventually leading him to hide in a cave alone, ready to give up on everything. But as we'll see today, when we feel like Elijah, we don't have to stay in a "cave" because there is a way out and a way to emerge victoriously!

In Session 2 of this study, Pastor Todd shares how Elijah slowly began to win the battle in his mind by learning essential truths about the power of his thoughts and how to evaluate them properly.

Connect

Welcome everyone to the group and introduce any new guests. Then, discuss these questions:

- This past week, how did you "think about what you think about?" Talk about how you were able to do this.
- Last session, we asked you to describe a very stressful time. Now, tell us what was the *best thing* that happened to you recently? How did that change your thinking? Why do events have the power to affect us that way?

Watch (17 minutes)

Just because it's how you _____ doesn't make it _____.

One main point today – _____ what you _____.

2 Powerful Truths based on Proverbs 4:23

1. Your thoughts are _____.

2. Your thoughts are _____.

"Be careful how you think; your life is shaped by your thoughts."

— Proverbs 4:23

How do you get out of the Cave?

1. _____ Stinking Thinking.

2. _____ on the Word of God.



When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. So Jezebel sent this message to Elijah: “May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.”

Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.”

Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and eat!” He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again.

Then the angel of the Lord came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.”

So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. There he came to a cave ...

— 1 Kings 19:1-9

Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about.”

— Philippians 4:8

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

— 2 Corinthians 10:5

“You will know the truth and the truth will set you free.”

— John 8:32

Discuss

1. Pastor Todd reminded us, “Don’t follow your feelings – follow Jesus!” How did Elijah get entangled in following his feelings? Has this happened to you before? What can we do when this happens?

2. We learned that Elijah was “deceived by what he believed.” Have you or someone you know ever been deceived by what they believed? What hurt or pain did that bring?

3. Science has proven that when you focus on thoughts of anger, resentment, and self-hatred, there is a steady flow of toxic chemicals from your brain that attack your immune system. How does this fact correspond to what we’ve discovered in the Word of God?

“You need to give thought to your thoughts.”

- Pastor Todd Mullins

“If your thoughts are powerful enough to make you sick, they are powerful enough to make you healthy.”

- Pastor Todd Mullins

4. Since “your thoughts are your choice,” why is it still so easy to dwell on the negative? What in our culture seems to drive us to those things? What can we do to combat this?

5. “Your life moves in the direction of your strongest thoughts.” How have you seen this truth in your life? Do you like the direction you’re headed, or what changes do you believe God wants you to make?

“You can’t control what happens TO you, but you can control what happens IN you. In other words, you can control what it DOES to you.”

- Pastor Todd Mullins

Apply

As Pastor Todd wrapped up this session, he reminded us Elijah didn’t think about what he was thinking about, and it led him to a cave. We will discuss more ways to get out of the “cave” in the sessions to come, but in this one, we learned Elijah did two things – he eliminated stinking thinking, and meditated on the Word of God.

We also discovered 2 Corinthians 10:5 helps us do these two things. This week, which goal will you set as you seek to restore, or maintain your mental health:

- Focus more diligently on the Word of God by setting aside time to read and study it.
- Take ALL my thoughts to God and make them obedient to His will for my life.

Your First 15

Start each day by spending 15 minutes with God.

- Spend 5 minutes in prayer.
- Spend 5 minutes in worship.
- Spend 5 minutes reading and reflecting on God’s Word.

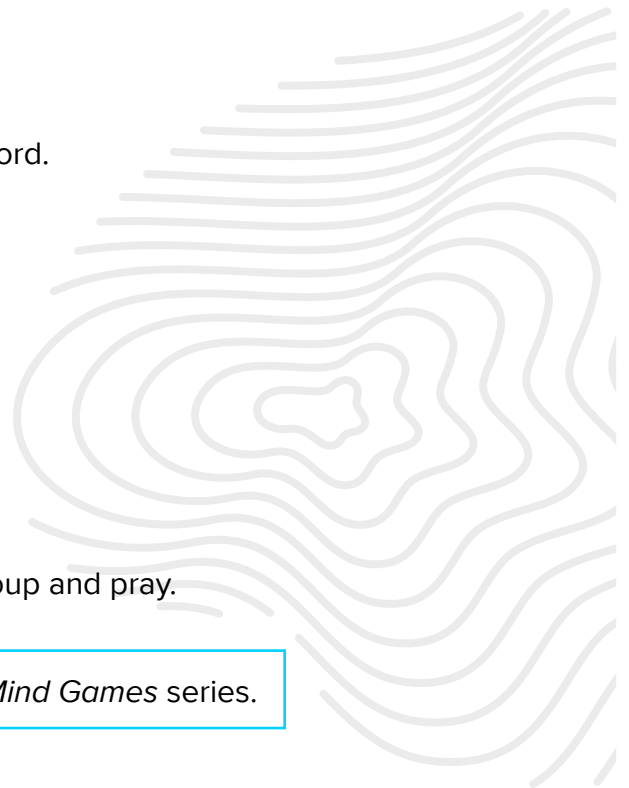
Here are some passages for a deeper study this week:

- Psalm 119:105-107
- Philippians 4:4-9
- Psalm 51:10-13

Pray

Take a few minutes to share any prayer requests with your group and pray.

In preparation for the next session, watch **Video #3** in the *Mind Games* series.



Session 3

Hear God's Whisper

Winning the battle of your mind is not just about mental health, but spiritual health too. In the previous session, Pastor Todd shared how Elijah, rather than wallowing in misery and continuing to struggle with his mental health, discovered how to begin winning the battle in his mind.

In this session, Pastor Julie wraps up our study on Elijah and his journey to good mental and spiritual health. We will examine how Elijah was able to emerge victoriously from the cave by the power of the 4 Ps.

Connect

Welcome everyone to the group and make sure everyone knows each other. After that, discuss these questions:

- Were you able to practice taking your thoughts “captive” according to 2 Corinthians 10:5? Did you witness some victories? Any challenges with practicing this?
- What is spelunking? Have you ever been spelunking before? If you have, what was it like being in a cave? Describe the scene.

Watch (20 minutes)

Elijah needed to hear from God to get out of the cave. That was Elijah's invitation to intimacy, and that involves the 4 Ps:

- Power of _____.
- Power of _____.
- Power of _____.
- Prepare for His _____
(Get a Plan for His Presence).



[Elijah] traveled forty days and forty nights until he reached Horeb, the mountain of God. There he went into a cave and spent the night.

And the word of the Lord came to him: "What are you doing here, Elijah?"

He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by."

Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.

— 1 Kings 19:8-12

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

— Joshua 1:8

The Lord said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram.

— 1 Kings 19:15

Discuss

1. Pastor Julie tells us Elijah was by himself in a cave, and though he already knew the power of God personally, now he needed to know God was near – to experience the power of God's presence. Have you ever felt like Elijah? What brought you to that place where you needed to know God was near and that He cared?

2. Elijah could only start coming out of the cave once he started having an honest conversation with God, which led him to experience His presence. This vividly demonstrates what prayer should be! Does this describe your prayer life? How could you encourage others to experience a prayer life like this?

3. As Pastor Julie shared her struggle with anxiety, she stressed that frequently healing and coming out of the "cave" takes time and involves a process. Why? If God can truly heal, why do you think He usually heals through a process?

"Just like any good father, God's preferred method of communication to us is through the whisper... we only whisper to people we have a relationship with."

- Pastor Julie Mullins

"It has been found that 12 minutes of focused prayer over an 8-week period of time can change the brain to such an extent that it can be measured on a brain scan."

- Dr. Caroline Leaf

4. Pastor Julie shared what helped her overcome anxiety began with taking verses from the Bible and making them declarations over her life. As she shared, “Declarations are not about who I am, but *who I’m becoming*.” She was able to do this because she did the following:

- She wrote the verse out.
- She spoke it over her life.
- She repeated the declaration until she believed it.

How is it possible that the Word of God can change us this way? How could you start making declarations in your own life tomorrow?

5. Pastor Julie shared that God’s people have a purpose and coming out of the “cave” involves realizing it and stepping into your purpose. How would you define your purpose in life, and how do you stay on track each day?

Apply

Pastor Julie closed by saying, “It takes work to hear the whisper.” What will you do this week to work, or prepare for the whisper? In other words, how will you prepare to hear God?

This week I will _____.

Your First 15

Start each day by spending 15 minutes with God.

- Spend 5 minutes in prayer.
- Spend 5 minutes in worship.
- Spend 5 minutes reading and reflecting on God’s Word.

Here are some passages for a deeper study this week:

- Philippians 1:3-6
- John 14:23-27
- 2 Timothy 3:16-17

Pray

Take a few minutes to share any prayer requests with your group and pray.

“What God wants to say to you and what He wants to say about you in His presence will become the lens through which we view our circumstances.”

- Pastor Julie Mullins

In preparation for the next session, watch **Video #4** in the *Mind Games* series.

Session 4

Take Down Your Giants

As we've completed the midway point of our study, *Mind Games*, we've realized a battle rages in our minds, and if we don't win this battle, it could cost us dearly, even to the point of being stuck in a cave! But help is available.

For the past three sessions, we've learned about the Old Testament prophet Elijah's struggles with his mental health. In this session, Pastor Ryan McDermott uses the story of another Old Testament figure David to show us how to take down our giants and defeat them!

Connect

Welcome everyone to the group and make sure everyone knows each other. After that, discuss these questions:

- How did you “work for the whisper” last week? What struggles did you encounter? What did you learn from God?
- As you look at your life, what is your biggest challenge or obstacle? How is it like a “giant?”

Watch (23 minutes)

Great men and women of God have struggled with _____ – you are not alone!

What do we see from David and Goliath?

1. The _____ belongs to the _____.
2. The _____ is not just _____.
3. There will be other _____.

How to Prepare:

Step 1: Share your _____ with someone.

Step 2: Start each day by _____ Scripture (over your life and your thoughts).



"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

— 2 Corinthians 10:3-5

Then he took his staff in his hand, chose five smooth stones from the stream, put them in the pouch of his shepherd's bag and, with his sling in his hand, approached the Philistine.

Meanwhile, the Philistine, with his shield bearer in front of him, kept coming closer to David. He looked David over and saw that he was little more than a boy, glowing with health and handsome, and he despised him. He said to David, "Am I a dog, that you come at me with sticks?" And the Philistine cursed David by his gods. "Come here," he said, "and I'll give your flesh to the birds and the wild animals!"

David said to the Philistine, "You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied. This day the Lord will deliver you into my hands, and I'll strike you down and cut off your head. This very day I will give the carcasses of the Philistine army to the birds and the wild animals, and the whole world will know that there is a God in Israel. All those gathered here will know that it is not by sword or spear that the Lord saves; for the battle is the Lord's, and he will give all of you into our hands."

As the Philistine moved closer to attack him, David ran quickly toward the battle line to meet him. Reaching into his bag and taking out a stone, he slung it and struck the Philistine on the forehead. The stone sank into his forehead, and he fell facedown on the ground. So David triumphed over the Philistine with a sling and a stone; without a sword in his hand he struck down the Philistine and killed him.

— 1 Samuel 17:40-50

Discuss

1. Pastor Ryan says the story of David and Goliath is so popular it has become a part of our culture. What has always impressed you about this story? At times, why can this story be challenging to believe?
2. David and Goliath fought, but in two different ways. How did Goliath fight as the world tells us to fight today? When was the last time you fought a battle as Goliath did? What was the outcome?
3. In contrast, according to Pastor Ryan, how did David fight his battle? How is David's way so contrary to how culture tells us to fight?
4. In the quote from Pastor Ryan about surrendering, how does a person "surrender" and turn the battle over to God? Why can surrendering be frightening to us?

"Great men and women of God have struggled with mental health - you are not alone."

- Pastor Ryan McDermott

"When we face these battles, rather than being confident in ourselves, we need to surrender and turn it over to God."

- Pastor Ryan McDermott

5. Pastor Ryan said, “The battle is spiritual, but not *just* spiritual.” Do you agree with that? In whatever battle you’re dealing with, what are the spiritual components *and* the physical components?

6. Last session Pastor Julie shared how declaring Scripture over her thoughts and life changed her. In this session, Pastor Ryan shared doing that can also help us take down our giants. How? Can you share a time when declaring Scripture has “slayed” a giant confronting you?

“If you’re facing one of these giants (fear, anxiety, depression, stress), understand the battle is spiritual, but not *just* spiritual.”

- Pastor Ryan McDermott

Apply

Why did David take *five* stones into battle? Scholars endlessly debate why, but clearly it demonstrates he was prepared for whatever would happen next.

Are you prepared for your spiritual battle, either the current one, or the one to come? Pastor Ryan shared there are two ways to prepare. Circle which one you want to do this week, and share what support you might need to take this step:

- Share your struggle with someone.
- Start each day by declaring Scripture over your life and your thoughts.

Your First 15

Start each day by spending 15 minutes with God.

- Spend 5 minutes in prayer.
- Spend 5 minutes in worship.
- Spend 5 minutes reading and reflecting on God’s Word.

Here are some passages for a deeper study this week:

- 1 Samuel 17:1-54
- 2 Corinthians 10:3-5
- Isaiah 40:31

Pray

Take a few minutes to share any prayer requests with your group and pray.

In preparation for the next session, watch **Video #5** in the *Mind Games* series.



Session 5

Ps. Todd Interviews a Mental Health Expert

In previous sessions, we've seen that great leaders of the faith, like the prophet Elijah and King David, struggled with mental health. And in our culture today, mental health is becoming a chief concern, even inside the church.

In this session, Pastor Todd interviews a mental health expert. Dr. Henry Cloud is one of the most prominent clinical psychologists in the country, and a New York Times bestselling author. In this interview, Dr. Cloud shares what sound mental health is, discusses how Christians can maintain mental health, and discloses how Scripture aligns perfectly with what psychologists have been teaching for decades!

Connect

Welcome everyone to the group. After that, discuss these questions:

- Since our last session, did you conquer any giants? Discuss if you shared your struggle with someone, or began to declare Scripture over your thoughts and life.
- Why do some people dislike going to the doctor's office? Despite these feelings, all of us must go at times. Why? For some people, today's session may be comparable to that as we watch an interview with a mental health expert, who's also a Christian. He will share crucial facts we all need to know about mental and spiritual health.

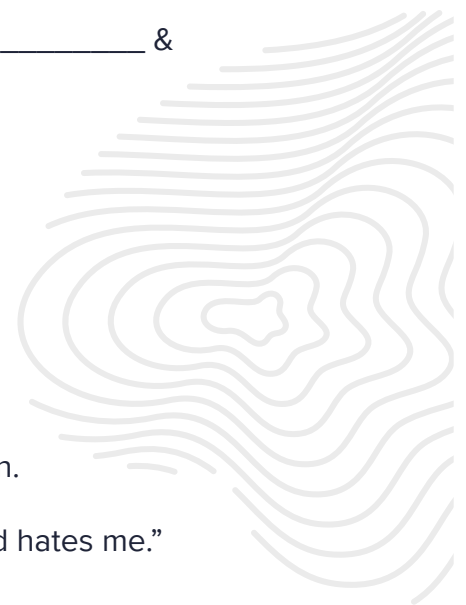
Watch (17 minutes)

According to Dr. Henry Cloud, what is Mental Health and how is it everywhere?

- First, it concerns how you feel, and involves mood disorders like _____ & _____.
- Second, it is anything dealing with _____.
- Third, it is any talk about our _____.

How can we get unstuck?

- _____ – don't personalize the event in a negative fashion.
- _____ – don't make it all bad, by saying "the whole world hates me."
- _____ – Don't assume it will never change.



Doing these 3 Ps lead to a prison, and the brain shuts down! We have to stop these 3 Ps to get out of that dark place.

What is the 1 (actually 3) things we should do to break free from this thinking?

- Reach out to _____ and another _____.
- [Declare] these [negative] thoughts are _____.
- Make a _____ of the things you can't control and the things you can.

As a Christian psychologist, Dr. Cloud found that science and psychology line up with the Word of God, but in psychological practice, the models were flawed. It used to be in his profession:

- If you're failing, then there must be _____ in your life.
- If you knew God's _____ better, you wouldn't be feeling like this.
- If you just had more _____, you wouldn't be feeling like this.
- A _____ is under everything.

All of these models had inherent problems for Dr. Cloud.

All the issues humans deal with fit into 4 big buckets (which are 4 big themes of the Bible)

- _____ v. Isolation.
- In your connections, make sure you are _____.
- What do we do with the _____ stuff, which brings pain and shame.
- See each other as _____.

Discuss

1. How did Dr. Cloud define mental health? Why does our culture stigmatize people when they struggle with mental health?

2. Sometimes we get "stuck" and tripped up by a mental health issue. Dr. Cloud said the 3 Ps can help us get "unstuck." Of the 3 Ps (Personally, Pervasively, Permanently), which have you struggled with the most? Have you experienced how the 3 Ps can help you get "unstuck?" Talk about a recent experience.

"I went back and read the Bible with new eyes and realized all the things that heal people, all the clinical stuff, were staring at me in Scripture. The principles and practices that science has validated are there in the Word of God!"

- Dr. Henry Cloud

3. Dr. Cloud says the key to success in life is processing the pain and shame that happens to us. How did he define pain and shame? How can we begin to process them?

4. Of the four big-bucket issues in life, which do you struggle with the most? Give a recent example. If you need help with one of the four, how can the church (its people!) help?

5. Healthy, meaningful relationships are critical to us, as the relationship quote confirms. If an acquaintance from church came to you and said they doubt if they even have one good, healthy relationship (a trusted best friend), what would you suggest to start building meaningful relationships? Why are relationships so crucial to good mental health?

6. What is one thing that surprised you about this session? Is there a question you have about this session?

“You have got to be rooted and grounded and connected in some deep, sustaining, vulnerable relationships . . . The quality of your closest relationships makes you successful, well, and healthy.”

- Dr. Henry Cloud

Apply

Dr. Cloud taught us so much about achieving good mental health, which also leads to good spiritual health. To close, look back at Discussion Question #4 and write out what action step you will take this week to address the one big-bucket issue you struggle with the most. Write that action step in the space below:

This week I will _____.

Your First 15

Start each day by spending 15 minutes with God.

- Spend 5 minutes in prayer.
- Spend 5 minutes in worship.
- Spend 5 minutes reading and reflecting on God’s Word.

Here are some passages for a deeper study this week:

- Psalm 73:23-26
- Jeremiah 17:7-8
- Isaiah 12:2

Pray

Take a few minutes to share any prayer requests with your group and pray.

In preparation for the next session, watch **Video #5** in the *Mind Games* series.

Session 6

Don't Worry!

Is it going to be ok?

Have you ever asked yourself that question? That one question and the anxiety and fear accompanying it can bring havoc upon us mentally, physically, and spiritually.

As we come to the final session of *Mind Games*, we've realized that struggling with mental health isn't something to ignore or to be embarrassed about, but something we can fight, and get equipped to win the battle in our minds!

In this session, Pastor Todd reveals the antidote to anxiety as he shares three ways to fight fear and anxiety.

Connect

Welcome everyone to the group. Then, discuss these questions:

- As you reflect on the last session, what was your biggest takeaway from the interview with Dr. Henry Cloud? How did that interview provide you with hope?
- At times, we've all worried about something. In most cases, what do you worry about the most: family, the future, finances, or something else? Take time to share why.

Watch (22 minutes)

- Be anxious about _____!
- According to a report from the World Mental Health Survey, _____ of people dealing with anxiety actually have a physical issue, but the other _____ of people dealing with anxiety just need to change their _____ and their _____.
- Antidote: a remedy or treatment to counteract the effects of _____.

3 Weapons to use when Anxiety Attacks:

- _____ – a constant conversation with God!
- _____ – prayer on steroids – a loud cry!
- _____ – an attitude of gratitude!

“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

— Philippians 4:6-7

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?”

— Matthew 6:25-27

“God has not given you a spirit of fear, but of power and love and a sound mind.”

— 2 Timothy 1:7

Discuss

1. As we begin our last session of *Mind Games*, what has been your biggest takeaway of life in the “cave,” or in other words, wrestling with mental health? Why does God want to help us get out of the “cave?”
2. Pastor Todd said, “If all you do is look at what’s wrong, you’ll never see what is right!” How is that true during a crisis, and for our overall mental health and spiritual growth?
3. Would you describe yourself as a worrier and suffering from anxiety? How did Pastor Todd define the word antidote? In your experience, have you seen anxiety and worrying work as a poison in your life?
4. Prayer, supplication, and thanksgiving are the three ways to fight anxiety and fear. Based on this session, and your understanding of God’s Word, what is the difference between prayer and supplication? Share a time when one, or all three of these ways, helped you overcome anxiety and fear.
5. Pastor Todd said, “Every time you get close to God, you get close to His peace.” Talk about a time when God’s peace embraced you amid a crisis. How did you sense His peace?
6. When you fight anxiety with prayer, supplication, and thanksgiving, THEN “the” peace of God will guard your hearts and minds. Why does this peace only come AFTER the antidote? Why did Pastor Todd highlight “the” peace of God, and what did he mean by that?

“Worrying never adds a day to your life. It only robs you of life... Time spent worrying about tomorrow is wasting today.”

- Pastor Todd Mullins

“Oftentimes, our biggest problem isn’t the problem we’re facing, but it’s our perspective on the problem - how you see it! At times, the problem looks so big and so overwhelming, you’ve forgotten how big and overwhelming your God is!”

- Pastor Todd Mullins

“Listen to what you know, not what you fear.”

- Pastor Todd Mullins

Apply

In conclusion, over the last few weeks we've learned that Elijah was able to come out of the cave because these three ways or "weapons" enabled him to combat his anxiety and fear, but also, as we learned earlier, he eliminated stinking thinking and meditated on the Word of God.

During our study of *Mind Games*, we've discovered a lot about mental health. As we wrap up this study, respond to the bullet points below in the space provided:

- What has impacted you the most from this six-session study?

- What goal will you set and implement in your life to maintain, or achieve mental health and spiritual growth?

- Do you have someone you can reach out to when you are struggling with these kinds of issues? If not, share this with your group and ask them to come alongside you.

- Lastly, there are additional resources available to equip you. It all starts at the resource page for this group study, *Mind Games*.

Your First 15

Start each day by spending 15 minutes with God.

- Spend 5 minutes in prayer.
- Spend 5 minutes in worship.
- Spend 5 minutes reading and reflecting on God's Word.

Here are some passages for a deeper study this week:

- Psalm 139:17-18
- Isaiah 41:9-10
- Romans 8:35-39

Pray

Take a few minutes to share any prayer requests with your group and pray.



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