

TIME OF OUR LIVES

Part 3: PURSUE HEALTH

INTRODUCTION

Jesus came to give us abundant life (John 10:10); a life of joy and peace. The opposite to peace is anxiety. One of the key ways the enemy tries to steal our peace is by distracting us and getting our focus off of Jesus; the truth of who He is and who He says we are in Him.

DISCUSSION QUESTIONS

1. What in your life do you currently feel anxious about?
2. Read Hebrews 12:1-2. What things are currently hindering you and distracting you from having your mind and heart completely focused on Jesus?
3. "Let us run with perseverance the race marked out for us." What do you think your race/ your lane is? To help you think: what are the gifts and passions He has given you that are unique to you? (This could be a time of encouraging one another in what you see in each other)
4. Refer to Philippians 4:4-7. "Peace is confidence and trust in Gods wise council of your life" (Timothy Keller). When you are feeling anxious do you go to God in prayer? After you do pray, do you consciously choose to stop worrying about it knowing He has heard your prayer? In regards to answering our prayers, what makes it difficult to trust God's wise council?
5. What practical steps will you make so that you're living in peace rather than anxiety?

MOVING FORWARD

Be aware that the enemy will continue to try and distract you so that he can bring you into a state of anxiety, stealing your peace. Continually remind yourself of the truth! Make time to fix your eyes on Jesus, by being in His presence, through rejoicing, prayer and thanksgiving.

CHANGING YOUR MIND

Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

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