

YOU'VE HEARD IT SAID



LifeGroups



Key things you heard

- Prayer builds your faith because it requires faith to pray to an invisible God.
- When we're anxious or worried, we pray. And we also take care of our bodies, see counselors when needed, and consult doctors if we're struggling.
- The Holy Spirit helps us, prays for us, comforts us, corrects us, directs us, and prompts us.
- If you pray and still feel worried, don't allow shame and guilt to creep in. God can handle your doubts. Bring them to Him because He cares for you.

Pray: *God, thank You for giving us Your Holy Spirit to guide us, intercede for us, direct us, and prompt us. Help us listen to and obey those promptings. Father, whenever we're worried or afraid, help us come to Your throne of grace boldly, surrendering every doubt and anxious thought to You. In Jesus' name, amen.*



Tweetable Moments



God can handle your honesty.



Having questions and doubts about God doesn't mean you've lost your faith. It can actually strengthen your faith.



Say What? Questions for conversation

Icebreaker: What's the best magic trick you've ever seen?

- What impacted you most from the episode?
- How often would you say you experience worry? What do you do when you're feeling worried?
- Read **Hebrews 4:16**. Is it easy or hard for you to go to God boldly with your prayers and worries? Why do you think that is?
- Share about a time when you felt like the Holy Spirit prompted you. What happened? How can you start paying more attention to those promptings?
- What's something you're worried about that you're having a hard time trusting God with? Why do you think it's so hard to trust Him with it?



Now Go Do It Resources and next steps

Challenge: Spend time praying together about the things that are hard to surrender to God. Challenge one another to make a God box and put those worries inside it.

- If you're not yet in a LifeGroup, find or start one here: www.life.church/lifegroups
- Start the *Winning the War in Your Mind* Bible Plan: www.go2.lc/war
- Get a copy of Pastor Craig's book: www.go2.lc/winningbook
- Watch Pastor Craig's accompanying message series: www.life.church/winningthewar
- Find more prayer resources at: www.go2.lc/prayerhelp