

*July 4, 2021*

# NORTH METRO CHURCH

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## NMC SERMON SERIES CONTENT



### **“Summer Baggage” series overview:**

This series uncovers some of the heaviest baggage we carry and invites us to exchange it for the peace Jesus offers. We learn that our luggage is often filled with emotions we might be unaware we feel, but God invites us to release the burdens and trust him to restore our brokenness and help us experience the freedom he offers.

# "SUMMER BAGGAGE", WEEK 1

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## Discussion Questions:

\*How do you pack for a trip—Days ahead or the morning of?

Paul says in Romans 12:2 that changed lives come from changed minds. How does the way you think affect the way you live? Discuss this among your group.

**Read Romans 8:6.** 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"?

"You have an enemy who is out to poison your mind with negativity, fear, bitterness, anxiety . . . anything that is not of God. No one is immune to his attacks, and you may even succumb to them without realizing it. Read Matthew 4:1–11. When did the tempter choose to attack Jesus (see verse 2)? What is the significance behind his timing?"

Often, the enemy will attack when you have been weakened by a difficult circumstance, rocky relationship, lack of sleep, or anything else that makes you feel defeated. When was a time you sensed the enemy attack your thoughts during a season of weakness?

"The enemy is constantly on the prowl. He wants to fill your mind with doubts about your identity in Christ, just as he challenged Jesus with, "If you are really the Son of God . . ." He wants to plant doubts in your mind about God and his plan for your life, just as he tempted Christ to test God's faithfulness by throwing himself from the temple. How did Jesus fight off the temptation of the enemy? What specific weapon did he use?

*\*The questions above have been adapted from: Max Lucado. "Anxious for Nothing Study Guide."*

**Read 2 Corinthians 10:3-5 and Philippians 4:8-9.**

How is Philippians 4:8 the application to the command in 2 Corinthians 10:5?

What makes putting Philippians 4:8 into practice difficult?

Think back to a time when you've been able to focus on what is true and lovely. What difference did it make in your life?

What might you or others lose or miss out on if you don't "take captive every thought"?

How might we focus on what is good and lovely, without becoming naïve to the real problems we have in our lives?

Looking back at this week's teaching and study, is there one thing you'd especially like to remember this week?

How can the group help you / pray specifically for you?