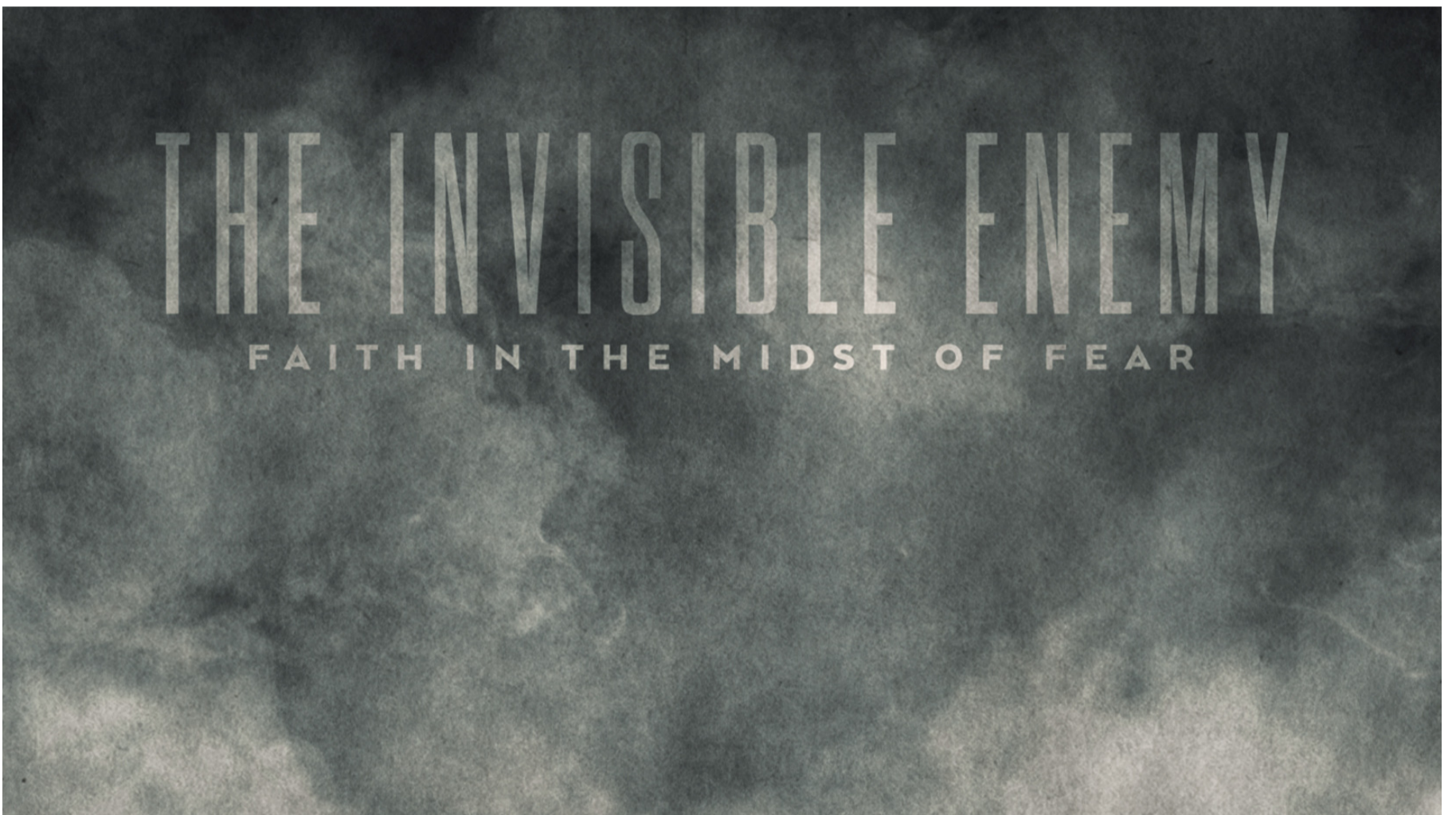


*May 10, 2020*

# NORTH METRO CHURCH

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## NMC SERMON SERIES CONTENT



### **Series Overview:**

In a world filled with invisible enemies—death, disease, and evil—how are we to face what feels like an unknowable future? What do we do with our anxiety regarding the days ahead? This series is based on Philippians 4:4-8, exploring Paul's encouragement to be anxious for nothing and unpacking what does that mean and how can we take these words to heart, and face the future without fear?

# "THE INVISIBLE ENEMY, PART 4"



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## Rob's Main Points from week 4:

Main Texts:

**Philippians 4:4-9, Psalm 119:15-16, Joshua 1:8, 2 Corinthians 10:3-5**

Whatever thoughts you allow into your mind will determine the direction of your life.

You can't control every thought that lands in your mind, but you can control which ones you allow to park.

You have to think about what you think about.

In order to fight anxiety, we need to stay CALM.

**C: Celebrate**

**A: Ask**

**L: List**

**M: Meditate**

The more you fill your mind with what's good, the less room there is for what's not.

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## Icebreaker:

Rob began his message talking about an air traffic controller. When this season is over, where is the first place you would want to fly to and why?

## Discussion Questions:

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?

\*Questions 2-7 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?

What questions do you still have about this action step or anything else from the message? Looking back at this week's teaching and study, is there one thing you'd especially like to remember this week?