

Next Gen



Don't Worry, Be Happy

Ice-Breakers:

Share a fear you have, that others may consider to be an “irrational” fear. If you know, share how that fear initially developed.

Questions:

1. What are some of the root causes for worry and stress in your life?
2. Read Philippians 4:6-9. Describe a recent circumstance that really stressed you out. How does this passage change the way you'll respond next time?
3. Read John 16:24 and James 4:2. Research has shown that... *“12 minutes of daily focused prayer over an 8-week period can change the brain to such an extent that it can be measured on a brain scan.”* How do these passages and this research encourage you to pray more?
4. Worry is *not* trusting the promises and power of God. What are some specific habits you want to form in order to replace worry with trust in God and His truth?
5. Read Romans 8:5-6 and II Corinthians 10:5. How might you let the Spirit control your mind more often this week?

Application:

Pay close attention to your thoughts this week. Pretend that there's a “thought party” going on in your mind and you are the “bouncer.” No negative thoughts are allowed at this party, and it's your job as the bouncer to kick them out if they show up. How? As soon as a negative thought, fear or worry enters your mind, immediately take it to God in prayer, and then find something positive to think about instead.